Yahoo Group: Dianetics R3X
Newsletter Posts 1-80

The following is an accumulation of the posts to Yahoo Group "DianeticR3X". It's a running record of the development of the R3X procedure. It is brought without editing. Thus it reflects the development and not necessarily just the current version of R3X. All posts are by Robert Ducharme, even though some of the posts quote full messages from students. Missing posts (3, 21, 73) were deleted by author.

Post #1
From: "Robert D." <VoltR@...
Date: Fri Jul 30, 2004 8:24 pm

Subject: R3X, Book One, and R3R

What is Dianetic R3X and why would one need it if Book One Dianetics and R3R (and R3RA) already exist?

R3X is a form of engram running that combines the best elements of Book One and R3R but with enough enhancement to make it able: to be run safely on Clears, to clear incidents and groups of incidents at lightening speed, to handle implant and GPM masses, and to move a case toward OT states.

Book One was and still is a quantum leap beyond the various forms of psychotherapy commonly in use to this day. However, as we all know, Book One Dianetics was not a perfect tech by any means.

• It was not structured as the later R3R was, and did not work on all cases. The auditor had to be clever and intuitive about what steps to do when.
• It was tedious. One could spend literally hours running only one engram over and over and over again.
• It was a process that, because of its slowness, was not so much for overall case progress as for resolution of traumatic incidents.
• It was precarious.

> • Tools like the repeater technique could get the auditor into more trouble than he was prepared to handle.
> • It involved finger-snap commands which might or might not work, but which could be restimulative regardless.
> • If/when past lives came up, that could bring up a whole new ball of wax for which the auditor may not have been adequately prepared just on the basis of Book One. Book One certainly did not talk about past lives.
> • There was no e-meter used, so it was more difficult to tell the state and progress of the PC with regards to the incident he was running.

R3R, which came out in the '60s, was by contrast a more formalized and standardized version of Dianetics. But it had its own shortcomings.

• It did not permit the use of additional tools like the repeater technique for unbogging resistive cases and incidents.

• It was not loose and therefore did not permit auditor judgment to be used to a great extent.
• It was eventually banned for use on anyone from the level of Power on forward. In other words, once a person had started on the Power processes or had attested to the state of Clear, he was no longer eligible to receive Dianetics.
• It was also not allowed on people before grade 4 was reached. I don't know how absolute that rule was, but the running of Dianetics on cases before grade 4 release is reached is not considered "standard".
• It was reported to cause problems on people who had attested to Clear, which is why an edict came out banning its use on Clears - presumably for the rest of their eternal existence. It was not made clear exactly what these problems were (though the issue of "misownership" of engrams was since brought up as one of the factors). This despite the many successful sessions on Clears prior to that time as evidenced in the book Dianetics Today which contained a series of sessions that were personally C/S'd by LRH many of which cases were Clear and above.

R3X on the other hand,

• can be applied to all Clears and above without liability
• allows the auditor the tools to help in unbogging incidents
• is lightning fast in getting results
• is far more powerful than other DIANETIC practices. It can handle <u>any</u> engram, secondary, implant or GPM the PC comes up with. .
• is not merely for use in clearing somatics, but also in advancing cases toward OT states.

Post #2
From: "Robert D." <VoltR@...
Date: Sat Jul 31, 2004 5:29 am

<u>Subject: Requirements for Auditing R3X</u>

In order to be fully qualified to deliver R3X, aside from studying the R3XD data as written up on the Free Zone America web site, an auditor would ideally have done the Standard Dianetics R3R or R3RA course. This would mainly include training/study on TRs, the Auditor's Code, metering, theory about the mind, time track theory, and R3R commands and procedure.

The TRs are necessary in order to train the auditor to be there comfortably and confront the session environment without becoming fidgety or reacting to the PC's data or behavior. The end goal of TR-0 is where the auditor is able and willing to maintain session presence indefinitely without becoming emotionally reactive throughout. that session. The auditor getting upset, impatient, ARC broken, bullying, or otherwise behaving in a manner that is disruptive to the PC, especially while the PC is in session and in a vulnerable state, is fatal to the session and harmful to both parties. In addition, the TRs give the auditor practice in delivering a command with tone 40 (clear) intention, use of acknowledgments, ability to cope with distracting comments, and ability to handle various situations that come up in sessions.

The Auditor's code is necessary because they are the rules that keep the PC in session. It needs to be known, fully understood thorough and through and remembered, not just read through once or twice.

Metering is necessary in order to maintain a smooth session. A lot can be done with Dianetics without a meter, but for really smooth, professional results time after time, use of a meter is important. With a meter

the auditor can, for instance, tell when the PC has truly released an incident as opposed to when he is merely backing off from it. This knowledge can prevent bypassed charge from being created and getting in the road of session progress. The meter is a simple device. The needle only goes in two directions -- right and left. Generally speaking, a needle motion to the left (rising) means the PC is encountering mass from the bank but not yet confronting it, while a needle motion to the right (falling), the PC is recognizing the contents of the mass and is either partially or fully erasing the mass that was being pulled in. The best way to become good at using a meter is simply by using it regularly. Practice makes perfect.

The theory about the mind can be gotten by reading the book Dianetics: Modern Science of Mental Health. Additional concepts about the spiritual aspects of man can be gotten from Scientology 8-8008 and other LRH books. The important thing is recognizing that the PC is basically a thetan and not a body or anything else. A thetan can **be** anything without becoming it. When he **becomes** it is when he gets into trouble. DMSMH gives a lot of data about how the mind works, while the other books give a lot of data about the soul or spirit as distinct from the body. When giving sessions, as when working on a car as an auto mechanic, it's best to know as fully as possible what one is dealing with.

The same goes for the time track. One should know as much as possible about what to expect when adventuring along the time track with the PC. The book A History of Man gives one a good grounding on the subject of the time track. Another excellent source of data on this is the two "Time Track" bulletins (HCOBs 15 May 63 and 8 June 63).

The R3R commands and procedure are contained on HCOB 24 June 1963 entitled Routine 3-R Engram Running by Chains. The knowledge and the practice of this adds the finishing touches on the apprentice Dianetic practitioner. The modern version of the commands can be found in HCOB 28 June 1978 RA revised 15 Sept 1978. A good and complete text on modern style Dianetics can be found in the book Dianetics Today, published in 1974. For a thorough knowledge of the most up-to-date methods, one should consult the NED series HCOBs of 1978. But one could do more than adequately with just the data as contained in the book Dianetics Today. The main idea is, not to be loaded down with extraneous data, but to have a good working knowledge of the commands. That can be found on one bulletin.

All the information necessary to run R3R, which includes all the above information, can be found at
http://www.freezoneamerica.org/downloads/files.html
under the heading of Clearbird Publishing. Ideally, however, one would at some point get and read the original LRH materials.

When one has a grasp of these fundamentals, one can then begin to transfer over to R3X. The full write-up is contained on the Free Zone America web site at
http://www.freezoneamerica.org/r3xd.html
This web page is linked to the page containing various techs at
http://www.freezoneamerica.org/Technology/index.html

I have also written various essays on R3X in the R3X thread, which is on the Free Zone America message board found at http://www.freezoneamerica.org/cgi-bin/discus/discus.cgi

One should not allow oneself to be intimidated by all the data I mentioned above. All that's needed to run R3X is a basic knowledge of the mind as contained in DMSMH, ability to use a meter, ability to be there comfortably in a session without emotional reaction (like panic, being startled or thrown off, etc.), ability to communicate properly, knowledge of and adherence to the Auditor's Code, knowledge of the R3R commands, and knowing the few but vital bits of additional data as contained in the R3XD writeup.

Post #4
From: "Robert D." <VoltR@...
Date: Sun Aug 1, 2004 5:04 pm

Subject: The Main Differences Between R3R and R3X

(This is a corrected copy with the one unfinished sentence completed)

So, let's say you're a Standard Dianetics or NED auditor, where do you go from there? How do you get started on R3X.

Well, here are the major things that make R3X different from R3R (and R3RA). Learn these techniques, practice them, and you'll be an R3X auditor.

• With R3R the auditor is not allowed to run the process on Clears.
• With R3X the auditor has no such restrictions. If a PC is in the non-interference zone, it might be wise to respect that, but I have seen instances where chronic somatics that turned up there were then discharged with R3X so that the PC could thereafter comfortably continue

• With R3R the auditor tries to go earlier similar after two passes through an incident.
• With R3X the auditor always flattens the incident he is running before moving on to the next one

• With R3R the auditor always asks for an earlier incident..
• With R3X, it's not a fixed rule, but normally the auditor asks for another incident when handling before MEST universe incidents and an earlier incident for pre-MEST incidents.

• With R3R the auditor accepts late-on-the-chain incidents as basic.
• With R3X, when the PC has been running past lives, but has run out of track to run on a chain and has not gone before his point of entrance into the MEST universe, the auditor specifically asks for an earlier incident before the beginning of time, and eventually for "an earlier incident, possibly around the original separation from Static (or Source)..." (whole-track basic-basic). The auditor steers the PC as necessary.

• With R3R incidents are handled with R3R commands done repetitively.
• With R3X, to speed things up, the auditor is permitted to use the above and below process*(1), (which I heretofore called the Over and Under and Six Direction process) between passes through the incident.*(2) This process can be used any time the scanning takes more than a couple of runs through or the auditor suspects there is underlying charge and the PC is scanning glibly.

• With R3X the auditor is permitted to use the before and after process*(3) as needed, like when the auditor wants to open up the incident to clearer view than the "duration" command provides.*(4)

• With R3R, when the PC gets flashes of several incidents, especially when running this lifetime, the auditor has him choose one to run.
• With R3X, during those times, the auditor recognizes that all the pictures have the same theme and so is permitted to run the whole group as one incident lock-scan style, referring to it in the command as a "series of incidents" (as in "move to the beginning of that series of incidents", etc.), employing the above/below process as mentioned above.

• With R3X the auditor is permitted to use the alternate confront process*(5) as needed, as in the rare cases

when the incident begins to grind.

• With R3R the auditor must continue down the chain to an "E.P." if at all possible, or else red flag the folder for a continuance within 24 hours.
• With R3X the auditor is permitted to end off mid-chain after the last incident (as well as all the previous incidents) run has been flattened.

• With R3R the auditor ends the process with asking the PC for a postulate
• With R3X the auditor ideally finds basic-basic and runs the shift-handling procedure after flattening the incident. This fact does not preclude the auditor from being able to end a chain with a recent past incident and running the item 4 flows if the PC is not up to confronting his whole track.

• With R3X the auditor will give the additional Special Attention commands*(6) after having "flattened" heavy incidents like severe traumas, implants, and GPMs. This practice uncovers heretofore undiscovered and deeply rooted insidious charge that remains even after an incident is apparently flat.

• With R3X the session is ended with a scan through it at the end, a valid and valuable practice that has gone out of style in Scientology since the 1950s.

• With R3R the auditor may run the three rudiments at the beginning of the session.
• With R3X, if the PC needs rudiments run, the auditor has the option of simply having the PC scan his recent past to an F/N if he so chooses.

• With R3R the goal is to get to the basic incident as soon as possible and erase that.
• With R3X every incident along the way is reduced of charge in order for the basic incident to be more easily accessed and run. If the PC's attention and interest is on an earlier incident, then that of course takes precedence.

• With R3X some of the commands have minor alterations, so those should be studied.

*, *(2), *(3), *(4), *(5), *(6),: These procedures will be outlined in future posts, but they are already outlined in the tech write-ups I mentioned previously as well as at <http://users.ctinet.net/robertd which. is the latest version of the R3XD write-up and the Freezoneamerica message board under the thread of "Clearing Tech: testing, validation, refinement, research, development".

Post #5
From: "Robert D." <VoltR@...
Date: Sun Aug 1, 2004 6:37 pm

Subject: Fwd: Re: The Main Differences Between R3R and R3X

--- In DianeticR3X@yahoogroups.com, "Robert D." <VoltR@c... wrote:
dear robert and all,
let me say hello.
I think R3XD destroys the myths about what can and can not be done in the field of spiritual enhancement. the rules set up over the last 50 plus years simply no longer apply when using this tech. a very productive path of research stopped in march 1952 with the loss

of "Dianetics" as a copy right practice. the direction of the research changed forever. R3XD has rekindled this research path from 1952 while those who use other complicated tech (and I was one of them for 34 years) have reached a dead-end. most striking of these myths is the focus of R3R on a limited sliver of experience in a sequence to an end. forget it. no little sliver and tight focus please. after just a little R3XD you will get the next incident needed regardless of sequence (or anything else) to resolve the case. no incident is so heavy or complicated that it can not be flattened. I think I broke a record with over 9 hours of R3XD over several days on one incident. this is after I have had hundreds of hours of R3XD. no other system could contact and handle what R3XD routinely does. I am skilled in several other techs and studied several more.

live life and have a good time.

underdog

Post #6
From: "Robert D." <VoltR@...
Date: Mon Aug 2, 2004 12:59 pm

Subject: Getting Started on R3X

As I mentioned previously, one way to get started on R3X would be to simply find an incident on a PC (an abbreviation which could stand for **p**ro**c**essee or **p**rocessing **c**lient and not necessarily **pre**-clear).

The procedure is simple. Just start a session as you normally would, and find an isolated incident like a divorce, a death in the family, an upsetting event, etc. Run the incident just as you would any narrative incident, except for the additional options. Remember that with R3X you always have the option of sticking strictly with R3R procedure too. R3X simply gives you the additional options that have been time-tested and proven to work standardly in PC after PC.

If you were to run the incident R3X style, the procedure would go something like this:

Auditor: "Move to that incident."
PC: "Okay".
Auditor: "What is the duration of the incident?"
Auditor: "Move to a point just before the incident began."
PC: "Okay."
Auditor: "Good." "Move through to the end of the incident."
PC: (scans through the incident) "Okay".
Auditor: "Alright. What happened?"
PC: (tells auditor what took place)

(At this point the auditor has the option of using the Before/After process if the PC's data is too scant or

occluded. This is done to a release point.)

Auditor: "Okay. Now get that incident and put it above you".
PC: "Yes".
Auditor: "Good. Put it below you".
PC: "Yes".
Auditor: "Good. Put it to the right of you".
PC: "Yes".
Auditor: "Good. Put it to the left of you".
PC: "Yes".
Auditor: "Good. Put it in front of you".
PC: "Yes".
Auditor: "Good. Put it in back of you".
PC: "Yes".
Auditor: "Good. Put it above you"
PC: "Yes".
etc., etc., etc. done to a release and flat point.

Then...
Auditor: "Move to the beginning of the incident". (The PC should know to move to the same point as before)
PC: "Okay"
Auditor: What occurred that time? (The question can be varied as "What came up that time?", "What did you get?", etc. The idea is that the auditor wants to know what the PC newly saw as he scanned through, not necessarily the whole story parroted back.)

By this time the incident should be flat and the PC should have VGIs. If it's not, it's okay to use TR-4 and query the PC as to what aspects of the incident are left. Then the Above/Below process is used again, followed by another scanning. This is done until all the charge in the incident has vanished. If, in the rare case where there appears to be any lingering bad feeling to the incident, the auditor can ask the PC if the charge is coming from that incident or an earlier (or another) one. If it's still coming from that incident, then it's safe to go through the procedure again. Otherwise, running the earlier similar incident would probably be the next thing to do.

If you want to do a narrative 4 flows, fine. I'm not that concerned about getting 4 flows in on this-lifetime narrative incidents. Besides, doing Lifetime Scanning 4 flows (as mentioned in the R3X thread of the Freezoneamerica board) would cover pretty much anything from this lifetime that needs to be run.

A system of notation I use for the Above/Below process is the following done on letter-sized college ruled paper.

A |||| |
B |||| |
R |||| |
L ||||
F ||||
B ||||

Post #7
From: "Robert D." <VoltR@...
Date: Mon Aug 2, 2004 4:00 pm

Subject: R3X personal experience 8/2/04

The following was posted by Sharon on the Freezoneamerica board. I am reposting it's an unsolicited report that gives one a good idea of the experiences one can expect with R3X.

Robert
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Posted by Sharon on Monday, August 02, 2004 - 11:17 am:

I was raised Catholic. Which is a real laugh considering my track with it. And I mean really, a laugh, one of those line charge laughers. But the point I want to make here is that I was raised with this great superstition oriented, continual lying doctrine, meant to influence children into growing up as brainwashed adults and revere the Men who ran it. Catholic was the only one true way to God was preached. I broke away physically somewhere around the age of 15-16. But I had really broken away much earlier than that.

I was very "fortunate" to know already that I wasn't a body and had full realization that the western religions were going in a totally wrong direction. I also knew that the people running the religions were not running them for the sake and benefit of freeing people.

After deciding to leave the CoS for the same reason I left the Catholic faith, I found the FZ. Here, I thought, I will find like minded Beings like myself who thrill
in the variety and creates of others and can allow others their own journey without feeling the need to enforce mine onto them. I was right to a large degree. And I had to have such a field in order for myself to grow. You don't see too many flowers growing in sand.

Which brings me to the real point I want to make. LRH was to me a Being of like mind to myself. Some of his followers, I couldn't say the same thing about. I was a true blue loyal LRH adherent and still am. I blasted Robert Ducharme along with several others who post here, calling him a squirrel. I was not really convinced while I blasted him, but I was standing up for LRH, by God. Then I decided to use my own ability to LOOK and inspect, instead of just mouthing off. :) I had nothing to lose and everything to gain after all.

The phone issue of R3XD was a big confusion to me. How could you audit over the phone? No meter to pick up reads, was Robert reading his own

reads? This truly is squirrel, I thought. Then I recalled that Dianetics Book 1 style was not used with a meter.
I looked at the processes that Robert Ducharme had and read his posts of dissertations on R3XD. I concluded that I would be indeed a coward and a liar if I were to sit there and blast against his create without ever knowing if it could give me case gain and TA.

So, lo and behold, I have received about 5 sessions with the R3XD. And I can honestly tell you that I have never run as deep in session and covered areas that are written about in the PDCs, with any other processing I've received. I have gotten R3R and when NED came out that is when I went Clear. It was great auditing. R3XD is a refinement of Dianetics, no different than NED was a refinement. It just didn't come from LRH. I am getting phone auditing and Robert's ability to zero in on when a read is there and is faster than I can catch, is amazing. It is obviously OT abilities of him zeroing in to me as a thetan. Whatever it is, it definitely does work and is absolutely efficient!

So, this brings up another point. If it isn't LRH then it's squirreling. There are posters here who know how I collided with Robert in much earlier posts on this very issue. I was going to remain true blue to LRH up to my dying day. But I knew that LRH never said not to think for yourself and be responsible. It's like in the Orgs where you would get the continual question, "what would LRH say or do?" usually by reg's who wanted you to do whatever it was they thought LRH would say or do, so they could get what they wanted. LOL

Well, I've listened to so many tapes and read so many books by LRH, that I KNOW that LRH would smirk at anyone who just sat there never willing to go beyond anything he said or did. He was an adventurous soul and certainly not human. I decided that if LRH could be in the condition he was in, then I certainly could. So I reached out.

I am very happy with major case gain right now and moving as a spiritual being like I've never moved before. I have collapsed space opening up magically and my ARC for all Beings lifted up to a much higher level. I've looked at times, very early track, when I've postulated stops on myself and carried it forward, blaming it on others. My responsibility level has risen tremendously and I am Cause. I've looked at before Time and it blew my mind!!! I could go on but I think I've said enough for now. I will post as I go along with my other wins, but this post is important to get out to you.

The invalidation of Ducharme's refined Dianetics is a lose to all those who would gain so much and won't just because of a fixed idea that you can't move beyond what LRH did years ago.

Thank you Robert for holding a position. Soon many others will know what your R3XD is capable of and you will have your hands full! :)

Love, Sharon whose personal integrity cannot remain in tact without
posting this. :)

Post #8
From: "Robert D." <VoltR@...
Date: Sun Aug 8, 2004 7:59 am
Subject: Lifetime Scanning

Lifetime Scanning is a process that combines R3X and lock scanning.

Lock scanning is a technique that LRH first wrote about in early 1951 (Volume 1 HCOBs). It has the advantage of being able to sweep across a large segment of time, like years. It was a definite advancement of the tech.

It was discovered to have a few major drawbacks though: 1. it was strictly light processing in that only locks were run with it. Engrams and heavy secondaries did not fare so well with it. They had to be avoided 2. it tends to run shallow. 3. it can be tedious and time consuming, depending on the PC's ability to scan.

Lifetime scanning is R3X as applied to large segments of this lifetime in lock scanning fashion without the drawbacks that previously plagued lock scanning. With Lifetime Scanning the entire life can be systematically scanned out. I have found the result to be a this-lifetime clearing of the individual. I have found this technique to work well on people whether they have had a lot, little, or no previous processing.

Lifetime Scanning Technique
I like to start out by addressing a period of life that the PC complains about, usually recent times. I may start out with scanning the past week or month, then run since the beginning of the year, and then the fairly recent past period of time that might have been turbulent if it warrants special attention. Sometimes the duration of present relationships are good to scan out. This is all a matter for the person wearing the C/S hat to determine.

Lifetime Scanning truly begins with the scanning of the first few years of the person's life. Usually ten year increments are acceptable and workable, but that can be adjusted for the individual.

I like to have the PC start by scanning without any attention to flows before I run it on flows.

The commands for this procedure are:

Auditor: "Move to the beginning of that period of time" (birth being the beginning of the first segment)
PC: (ack)
Auditor: "From that point forward to ten years old, move through to the end of that period of time" [auditor can add "and tell me when you're done" if he wishes]

After the PC goes through the scanning process, the auditor then goes into the Above and Below process ("Get that period of time and put it above you.....below you...." etc.) to a release point.

Then the auditor has the PC scan through that period of time again.

These two steps are repeated as needed.

Alternate Approach
It's possible to start the PC out with the Above/Below process and then scan afterwards. If the time period is very heavily charged and the auditor thinks the PC will have a rough time scanning the first time, that can be done.

Running Into Charged Areas
When the PC runs into a charged area that stops him from scanning further, the auditor can temporarily change direction and run the PC on R3X on that single incident until it's flat, and afterwards resume the lifetime scanning.

This procedure can be continued until the entire lifetime is flat.

Then one starts all over again by running the periods of time 4 flows. That is done using the following commands:

Auditor: "Move to the beginning of that period of time"
PC: (ack)
(Flow 1)
Auditor: "From that point forward to ten years old, scan through all the incidents where you experienced stress"
(Flow 2)
Auditor: "From that point forward to ten years old, scan through all the incidents where you caused another or others to experience stress"
(Flow 3)
Auditor: "From that point forward to ten years old, scan through all the incidents where others caused others or themselves to experience stress"
(Flow 1)
Auditor: "From that point forward to ten years old, scan through all the incidents where you caused yourself to experience stress.

This is followed up the same way as the previous run-through with no flows. The only difference is that the auditor should say "Get that series of incidents..." instead of "get that period of time". A minor point, but it's meant to minimize any possible confusion for the PC.

The commands above are the ones I prefer to use. If the auditor feels more comfortable using the flow commands that are more close to R3R, that will work too.

Running Lifetime Scanning this way, general scanning first and then running the four flows afterwards, is a gradient approach. The auditor can also go straight into running the four flows right away if it's warranted.

I use the button "stress" because it encompasses anything that involves resistance - which is the basic makeup of the bank is.

Post #9
From: "Robert D." <VoltR@...
Date: Thu Aug 26, 2004 8:24 am

Subject: Special Attention process

The Special Attention process is used whenever the PC has encountered an area of track that is particularly charged and occluded.

One would use this process on heavy engrams, implant incidents, GPMs, or any incidents that are unusually charged. Normally, this-lifetime incidents are not charged enough to need this process.

This process makes use of the thought-emotion-effort scale, effort being the most readily perceived by the PC and therefore the first button used.

Even before effort, however, comes occlusion. So the first command is aimed at the blank area of the track.

After thought has been handled, there may still be comm lines extant. These are handled with the comm line command. Sometimes this command indicates, sometimes not, but it comes up often enough that it's still worth a try.

The purpose of this process is to penetrate through the occlusions of heavily charged areas. It works quite well in doing this.

The commands may seem numerous, but they do work, and the PC can quickly adjust to them.

The process is run only after the incident has been flattened with the usual R3X commands.

The commands for this process are as follows:

"Blank" command:
"Move to the beginning of the incident."
"With special [or particular] attention to anything hidden, suppressed, overwhelming, invisible, or occluded, move through to the end of the incident."

"Effort" command:
"Move to the beginning of the incident"
"With special attention to any force, energies, masses, resistance, efforts, or impact, move through to the end of the incident."

"Emotion" command:
"Move to the beginning of the incident"
"With special attention to any emotions, feelings, or reactions, move through to the end of the incident."

"Thought" command:
"Move to the beginning of the incident"
"With special attention to any thoughts, fixed ideas, decisions, postulates, questions, or (implanted) commands, move through to the end of the incident."

"Comm line" command:
"Move to the beginning of the incident"
"With special attention to any comm [or communication] lines, move through to the end of the incident."

These commands are not fixed in stone, and can be varied according to need. For instance, with the "effort" command, one could include "violence" or "flows" if deemed appropriate. But a balance has to be struck

between being too extensive and too brief with the commands.

The Special Attention commands are run in the same way as the R3X commands. One runs the command once through, then runs the Above/Below process until flat, then runs the Special Attention command once again. One does this until that Special Attention command is flat. One then proceeds on to the next command, etc.

Post #10
From: "Robert D." <VoltR@...
Date: Sat Aug 28, 2004 10:53 am

Subject: Auditing as a career

Many people got trained in the church for the purpose of devoting their lives to a career in the field of Scientology as an auditor. Unfortunately the church experience has been a bitter disappointment for most. And we see very few of these people practicing their craft in the free zone.

The main reasons for this is this include

1. disinterest in the subject
2. preferred interest in other areas, like family, higher-paying jobs/careers, etc.
3. fear of the church's influence,
4. ignorance regarding marketing,
5. state laws regarding counseling,
6. an inability to achieve 100% reliable results on their clients.

Numbers 1 and 2 are understandable. Some people don't like auditing just like some don't like art or engineering while others do. Some would rather be involved in a "real world" profession that has already gained acceptance and automatically pays high salaries. Some simply don't like the idea of dealing with peoples' cases.

Number 3 is understandable from the standpoint that one's close friends and loved ones may be involved directly with the church and one would rather remain "in the closet" regarding free zone activities in order to not jeopardize those relationships. I consider personal freedom a high price to pay for maintained relations, but it's that individual's choice to make for his own reasons.

As far as fear of retaliation by the church for "squirrel" activities is concerned, well, I suppose that tends to happen only in areas heavily populated with Scientologists (with a capital "S") like Los Angeles. I don't know how founded these fears are, but I would tend to look for some way out of that box and "start living".

Number 4 is also understandable. An auditor on his own has to pull himself up by his own bootstraps, pushing a profession that has little agreement in the wog world. But there are enough scientologists (with a small "s") outside the church alone to provide one with clientele. But there is also a proliferation of publications that are tailor made for an auditor to pitch his trade. Such magazines as the ubiquitous pulp new age and health magazines, some of which are distributed free, are possible avenues of advertisement. The practice of bringing a resolution to a troubled mind is a valid, valuable and a viable one. The more people find out about it, the more viable it will become in time.

Number 5 should not become an impediment. In Florida we are fortunate that counseling laws are liberal. Anyone can call legally himself a counselor. In some states one must meet certain educational

criteria and be certified by the state to call himself a counselor and charge a fee. An option is to become a minister and come under the cloak of religion. The Universal Life Church offers ministerial certificates on demand.

Number 6 has unfortunately been a valid impediment -- that is until the advent of R3X..
What R3X does is to open the doors to the possibility of running Dianetics on anyone and everyone with equal success. No, not equal results, but equal degree of success. In other words, the tech being so standard that it applies to everyone across the board whether they have had set-up procedures or not; whether they are wogs, intermediate scientologists, or pre-OTs.
As LRH once said in HCOB 7 April 1960 LRH "Engram running from 'away back' works so well that I probably would not have advanced auditing technically to any degree, if people at large had been able to apply Book One engram running as given in 1950." Of course LRH was missing a few factors that could have brought that about, like havingness, a rote basic procedure, debugging techniques, engram running by chains, TRs, metering, admin, a standard course with checksheet, and study tech,

So now one can achieve results with R3X that are as predictable as those of a dentist or optometrist. It's up to us as to how widespread we want the knowledge of Dianetics as an acceptable professional practice to become.

Post #11
From: "Robert D." <VoltR@...
Date: Wed Sep 15, 2004 7:59 am

Subject: The Christian Ministry and R3X

Do you know what I believe to be the most promising place for clearing to expand outside of scientology? In Christian circles, among Christian ministers who are also counselors.
Think of the implications of this:
• They are already oriented toward the spiritual.
• They would welcome a new and fresh point of view.
• They have many -- sometimes hundreds, sometimes thousands of parishioners, who are potential clients yearning for solutions to their day-to-day problems.
• They would welcome an emotional healing technology that is oriented more toward the spirit than the brain.
• They would welcome an emotional healing technology period -- especially one that can guarantee stable and lasting results in the majority of the cases. What they have now is rather limited, such as psychology, traditional counseling methods, and prayer.
• They would welcome a philosophy that would be practical and could be applied to their and their parishioners' daily living.
• They are opinion leaders in that they get to speak to their parishioners from the pulpit every Sunday.
• They are linked to the vast majority of Americans by way of an interconnecting network called Christianity. If the right terminals are contacted and converted, a movement could spread throughout the Christian

community like wild fire.

Dianetics is a good entry point for this. Scientology style processing could be added later in the cases of those whose lives have been transformed with Dianetics and they want to go for spiritual enlightenment. Training and co-auditing could, of course, be worked into it at some point.

Dianetics done R3X style could go a long way before past lives need to be addressed. Whole lives could be literally transformed with both individual engram running and lifetime scanning. After they're sold on the fact that Dianetics works with 100% standard results, then they may be more willing to look at past lives as a possibility. Another option is to introduce scientology processing and/or philosophy.

Throughout all this, one needn't mention Dianetics or scientology per se at the onset. One could just refer to T.I.R. (Traumatic Incident Reduction) as a source of this tech if one fears back off by the minister. Then when the time is right, the minister could always be introduced to LRH's tech.

One way to get the clergy to respond favorably is to give a minister a free introductory session on a relatively minor isolated engram, If it's done correctly, within 5 minutes the charge in the incident will have completely vanished, the minister will have VGIs, and he will be ready and willing to take things to the next level, He'll want further processing, he'll want to share the tech with his parishioners, he'll want to eventually get trained.

How do I know all this? It recently happened with me -- at least the beginnings of it as mentioned in the last paragraph. The theory of it is sound and if enough comm lines are put out to ministers, a serious movement could get started by this.

Post #12
From: "Robert D." <VoltR@...
Date: Mon Oct 4, 2004 10:49 pm
Subject: R3X win

Here is an email message I just received.

Kate has had a total of about 110 hours of R3X and R3XD processing over the period of about one year ending last month. She got Lifetime Clearing, a couple of DIANETIC items, and the 8 dynamics done in that time.

Hi Robert,

I am still winning with the gains made on clearing the dynamics.

I did not want you to think I forgot about your loyalty as an auditor to me, your student. I shall always be grateful to you. What a case I had, it

was tough. Stable, reliable case gains have been made, I can now hold good communications with public. I no longer flinch or want to hide. I cannot ask for more than this Robert. I have positive ideas to take into the future which I feely can make happen. I am focused and feel much more alive than I have felt in a long time. I sometimes feel as happy as a kid for no particular reason. I had to go away and experience some life Robert, having had almost a year's auditing with you. it's only now I am able to observe the real gains that have been made. You can post my wins if you want to. I would like this.

Much Respect To You
from Kate

Post #13
From: "Robert D." <VoltR@...
Date: Wed Dec 8, 2004 1:12 am
Subject: R3X win 12/8/04

The following is an excerpt from a letter I just received from my client Kate.

Hi Robert,

[...] Many thanks for the last sessions you gave to me. It is always such a relief to free up heavily charged areas still hanging around from past lives or pre MEST times. All the way back to Theta Universes times. I am amazed each time we hit upon these areas in session. Incidentally the following day after my last sessions with you in quite some time, my art workshop colleagues noticed the difference in me. One person remarked that I was glowing. Also the kids flocked around me much to the utter amazement of the workshop tutors. I seemed to attract these kids to me without even trying. I recall visiting the supermarket same day and strangers in there beamed at me and acknowledged me. [...]

She also mentioned to me that her agoraphobia is no longer an issue and she can go out and meet people without the usual panic attacks of the past.

She has done the 8 dynamics R3X style (R3XD), plus a couple of item chains, plus life scanning for this lifetime on four flows.

Robert Ducharme

Post #14
From: "allphaomega" <VoltR@...
Date: Thu Jan 20, 2005 11:52 pm
Subject: R3X win 1/20/05

Here is another unsolicited win written to me by Kate which she has asked me to post. At present she is running the somatic chain of "hiding".

At this time, if anyone is interested, Paul Adams <fz.global@... is able to conduct R3X courses at Rey Reybles' establishment in Reno Nevada for those who may be interested in becoming professional R3X auditors.

Robert Ducharme

R3X has handled my fear button, anger button, my dynamics 1-8, and presently I am trying to handle my button on hiding/or non-confront in life. Before my R3x sessions, life was an emotional roller coaster. A big problem of mine was Anger. Anger has been handled it's no longer there. Another major problem for me was my inability to attract money the food of life. No longer a problem as I now pull in exchange much much more easily than ever before.

I am no novice to scientology I was a freezoner had gone clear on CBR bridge then completed OT 8, still my buttons were preventing me from living a flourishing, prosperous life.
To be fair to CBR tech I feel it opened up highly charged areas of case which may have enabled the R3X processes to bite deeper. Thanks to R3X processing I am beginning to flourish and prosper at last. My thetan abilities are turning on one by one. My intuition is more accurate, as are my psychic abilities. In other words, theta knowingness is full on. I have not even completed the hiding button yet, the sky's the limit. I feel great. Many thanks to R3X and Robert's expert handling of my case.

Catherine UK.

Post #15
From: "allphaomega" <VoltR@...
Date: Fri Jan 21, 2005 2:56 pm
Subject: R3X success story 1/21/05

Here's another unsolicited email I recently received from a client receiving R3X auditing.

She has so far finished the first dynamic plus cleared this lifetime with lifetime scanning.

Prosperity seems to be one of the common themes with people who embark on this route.

Robert

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I know I'll be talking to you tomorrow at 12 your time, but I thought I'd share some nice changes I'm experiencing.

I have no serenity of beingness going on, but for awhile now, since we started this second auditing cycle, I've been noticing how things are coming
to me that I want. From a simple close up parking space every single time to getting the bridge I always wanted. In other words my postulates are really coming through. I don't worry about whether I'll have money and I don't worry about the things I wanted the money for. My confidence level is
coming way up for the first time in my life. Wow, am I glad about that one!
lol

Another thing I noticed is that my anxiety of understanding God is gone. All that education and indoctrination that hit me when I was down tone, I've
blown thru. I still have some question marks but there is no longer any worry over it. I can't begin to tell you how much I worried over that subject.
It was actually ruining my life.

I'm really looking forward to clearing all the dynamics. I've gotten so much out of this auditing and so fast that it amazes me. I still see training as essential however, as I agree with Ron that you really can't make it out unless you fully understand how you got in and what caused the

trap. An Auditor can free Beings and therefore would not be subject to falling into the trap again himself as he rolls around here for however more
lifetimes. This auditing has rehabbed my failed purpose to be an Auditor.

I would like to totally validate you as an Auditor. I've never had better and I've been with as high as Class IX before.
It is very easy being in session with you. I'm sure glad you're here and communicating! :)

Thanks much, Sharon :)

Post #16
From: "allphaomega" <VoltR@...
Date: Fri Feb 4, 2005 1:56 pm
Subject: R3XD win, 2/4/05

Here is an unsolicited email I received from an R3XD client yesterday. She is presently working on the third dynamic and handling some significant early-track incidents along the way.

Robert

Hi,

I wanted to let you know that I really feel like my 3rd D is opening up. I think this D is going to be a major breakthrough for me. Could be wrong but it certainly is addressing living with more than myself or family. I didn't think it could get any worse than those two.

Seriously, I really am getting a lot out of the auditing and looking forward to continuing.

[...]

S.

Post #17
From: "allphaomega" <allphaomega@...
Date: Sat Jul 9, 2005 12:16 pm
Subject: Updated List of Items

Here is an updated list of possible items I've compiled over the years.

Some of these items are basic on any case, like ARC breaks, pain, unconsciousness, amnesia/forgetting, etc.

This list, like any other items list, is best used by listing on a meter to a Blowdown item.

The list is in alphabetical order, but probably should be at some point put in groups of related items, like "apathy, tiredness, hopelessness, lethargic, lazy, etc..

After exhausting AESPs and LX lists, this might be a good list to get ideas from.

Robert D.

abandonment
affinity, reality, or communications breaks
agony
agreement
amnesia
anguish
annoyed
anything-can-happen
apathetic, lazy, lethargic
ARC break
assumptions (of beingness or bodies)
at effect
attitude
attraction to MEST (mass, anchor points)
automaticities
awareness scale levels
bad cause,
barriers
barriers (to OT abilities like telekinesis, levitation, etc.)
Be, do, have, CDEI (scales)
being an identity
being human
being wrong
betrayal
blackness (or light)
blame
body attachment

boredom
can't change
can't create; must create
can't destroy; must destroy
can't duplicate (or be in same space)
can't start
can't stop
can't survive; must survive
careful about
circuits
cold (extreme)
competition
compulsion to...
confusion (and other ethics conditions)
consequences
contempt
contemptuous
control
control (repressed or compulsive)
creation, survival, destruction
critical
criticism
cruelty
curious
death
deceitful
degradation
delusion
denial of self (own force)
dependency
degradation
desire
desire to be an affect (curiosity about, must have an effect)
destruction
dichotomies (from Chart of Attitudes)
disgust
disinterest
dispersal
distraction
distrust
doubt
drugged
dwindling spiral
eating (absorbing energy)
effort
electrical
embarrassment
emotion
emotional tone scale (separately and as a whole)
emotions - (repressed or compulsive)

energy (dependency on)
enforce
entrapment
enturbulated
ethics conditions
evaluation
evil
evaluation
explosions
exteriorization (enforced, inhibited)
extreme temperature
failed help
failure
false hope
falsely accused
fear (a cause of out ethics)
fifty two perceptions
fixed attitudes
force
forgetting (or amnesia)
fragmented
frustration
games
glee of insanity
greed (lust, craving, desire)
guilt
habit
hate
hatred (anger, aggression)
having to be something+no right to be nothing
havingness
heat, extreme
help (failed help)
hidden standard (pretended)
hit by barrier and holding on
hopelessness
humiliated
ignorance (not know)
impact
impatience
implanted
important
inadequate
indecision
inhibit
injustice
insanity (emotion)
insulted, demeaned
int buttons
interior ization

Interiorization (enforced, inhibited)
internalize
intimidation of freedom (mustn't become free)
introspection (introversion)
introversion (introspection) (self consciousness) (self centered)
invalidation
involuntary (automatic) intention
irresponsible
jealousy
judgment
know to mystery scale
knowingness, block to
location
loss
lostness
LX lists
machinery
machines
making nothing out of (something/someone)
making pictures (as an automaticity)
masses
matter (dependency on)
mechanisms of agreement
memory, block to (amnesia) (forgetting) (unconsciousness)
mental blocks
mind games
minus randomity
missed withhold
must agree
must leave
must stay
must stop (must change, must start)
need for admiration
need for attention
need for sensation
need for status
need for terminals
no control
no responsibility
not know
nothingness (being nothing)
not-know
obsessive create
occlusion - forgetting
other determined
out created (as invalidation)
overwhelmed
overrun
overt-motivator
overts

ownership
pain
pain (and unconsciousness)
pain (physical or emotional)
panic
parasitic
people pleasing
plus randomity
polarities
power
prepcheck buttons
present time (stuck in time stream)
purpose (concept of)
rage
reacting
regret
rejection
resentment
resistance
resistance to effects
resisting
restraint
ridicule
sacrifice
sadness
scarcity
scornful
secrecy (missed withholds) (undisclosed acts)
self-consciousness
self-analyzing
self-conscious
self-examining
self-importance
self-righteousness
sensation
serious
seriousness
service facsimile
seven capital sins (anger, pride, envy, avarice, gluttony, lust, sloth)
shame
shock
slacker
space (dependency on)
stimulation/sensation
stupid
superiority
surprise
survive
thought
time (concept of)

time (dependency on)
tiredness
trapped
ugliness
unable to act
unable to punish
unawareness
uncertainty
unconsciousness
unmotivated
using a via
victim
violated
violation
waiting to agree
weak - tired - ineffective
withholding
withholds
wonder (amazement?)
work (as a negative feeling)
worry
wrong, made

Post #18
From: "robertd" <allphaomega@...
Date: Sat Jul 23, 2005 10:33 am
Subject: Six directions reference

I recently came across two taped lecture that talks about the Above and Below process that is incorporated in the R3X procedure. One is one of the 2nd ACC lectures (5311c30-2acc-28) where LRH talks about "running 6 directions" on a terminal.

Another is the 1959 SHPA taped lecture 5904c30-shspa-25 in which LRH says
(begin quote)
Anybody will dope off on a one way flow. There are several remedies for this, is make them do the process in front of their face, under their feet, behind their back, over their head, to the right of them, to the left of them. You see? If it's got to be an inflow process all the way around, we'll put it in from six different directions, and of course these directions are canceling each other, and you've got the flow in reverse, haven't you. You see the flow into them in front is an opposite direction to them when you say into them from behind. So that cancels them and they'll start waking up again.
(end quote)

The latter gives one an insight into why the process works so well on engrams. Since engram running can cause anaten because of its one-way energy flow, heavy incidents containing a lot of force can easily cause anaten in the Pc. Running 6 directions solves this for the reason stated in the quote. I believe there is more to it than that, like the factor of running the incident from a causative perspective, but I think it's an important point.

Robert D.

Post #19
From: "allphaomega" <allphaomega@...
Date: Mon Aug 15, 2005 10:55 pm
Subject: R3X success story 8/15/05

Here's an email I recently got from one of my clients after doing a weekly R3X session on him. We had handled and cleared an early track implant incident along the fourth dynamic chain.

This person is a classed auditor who has been involved with scientology for decades.

(Begin quote)
An awesome session! Quite deceptively simple, but my whole space has relaxed, is so much cleaner and it is so easy to move the body! It sounds a bit fatuous, but it feels like I glide where before I walked. Awesome. Thank you.

I'm more and more convinced that this really is the route to real OT.
(end quote)

Robert D.

Post #20
From: "allphaomega" <allphaomega@...
Date: Mon Aug 22, 2005 5:41 pm
Subject: LRH quotes

As is well known, with R3X the auditor has wide latitude in the use of techniques not sanctioned by the church and its R3R tech.

Here are a couple of useful additional tools as mentioned by LRH in a

lecture of 4 Jan 59 called "Engram Running". I can't personally vouch for how well they work at this time, but I will be testing them out in the near future.

(begin quote
There's a rule in engram running called the rule of the last largest object. The way you get the person back into the engram after he has escaped from it is get him to describe the last largest object he named while running it, and he goes right back into the engram. None of this quicksilver stuff these days. Rule of the last largest object.

Well, there's also the rule of the next sequence which you use all the time in running engrams. 'And what happened then? Now, what's happening?" the old Dianeticist would say, and the present Scientologist would say, "Now what is happening?" See? And he'd move ahead in the engram.
(end quote)

Robert D.

Post #22
From: "allphaomega" <allphaomega@...
Date: Tue Sep 6, 2005 7:28 am
Subject: R3X win, 9/6/04

Here is a success story I just received by email. This person had been running the second dynamic as the item of address with R3X.
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wow
well where to begin
so much has changed since I have cleared the first 2 dynamics
nowadays I am clearheaded and free of a lot of the doubt of my life
it is like I am aware of so much more
but I had always been aware of it
and there was something in the way of me understanding what it meant
decisions are easy
applying them equally so
no longer having reactions to certain stimuli is great
I can decide how to act towards them
there is more but this is good enough for now
john b.

Robert D.

Post #23
From: "allphaomega" <allphaomega@...
Date: Tue Jan 24, 2006 9:01 pm
Subject: My recent email address

The email address on the home page of the R3X list (voltr@...)
has been obsolete for quite some time now and any mail going there
will bounce. My most recent email address is
allphaomega@... (note: that's allphaomega with 2 "Ls").

Anybody who has had wins applying R3X or has any questions about it, I
would like to hear from you. Please indicate if you do not want your
message to me posted.

An interesting article mentioning R3X in a positive light can be found
at http://www.gsrmeter.com
Links to "Paul's Squirrel Academy", which has Paul's R3X checksheet as
well as many of my technical writings, can also be found there.

I do not know the author personally nor has he ever contacted me, but
he seems to have learned R3X pretty well on his own and made a success
of it.

Robert Ducharme

Post #24
From: "allphaomega" <allphaomega@...
Date: Wed Jan 25, 2006 2:37 pm
Subject: Win from R3X auditor 1/25/06

Below is a message I received recently by a Class 4 NED auditor who
has been using R3X and just started doing it by phone.

Today, in reply to a request by me to post his email, he said: "Sure
you can. I've done another session since - all well too."

Robert D.

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I've just given my first phone session to a guy in Seattle - all went
well - and I must say I am AMAZED at the telepathic metering. I have a
mark 6, I was on the cans here and it was perfectly evident that the

TA rises and action was not my case - I just know this from years of familiarity with solo auditing. Then on occasion there would be a huge BD - the first time this happened I asked "did anything just happen?" and the reply was "yeah - (further BD) - the whole thing seemed to go very light and disappeared" and he started laughing, VGIs.

There were a few more such events in the session as it progressed. All very very interesting.

best, Leon

Post #25
From: "allphaomega" <allphaomega@...
Date: Fri Mar 31, 2006 8:56 pm
Subject: R3X win 3/31/06

Here is an email I received yesterday from a recent client. These sessions took place by phone between Florida and Australia. Her entire auditing background is that she has had about 20 hours of Book One Dianetics.

Robert D.

Hi Robert,
I just realized that I would really like to post a win (so to speak).

After only about a week or two of R3X auditing with you I have experienced marked change for the better. I straight away found that I was able to solve problems with greater speed & efficiency & even that I enjoyed doing so !

And then we contacted the Basic-Basic incident on the whole track - in the days that followed that session I found I was just not reacting to situations that may usually have provoked some kind of negative response - there was a noticeable non-reaction - nothing there ! I also felt quite stable in that non-reactive experience.

Plus cognitions seem to be just rolling out for my inspection continuously.

I also notice that I am "gobbling" up my tech training - with increased & rapid comprehension.

All in all - I am sooooo glad that I was able to access R3X via phone & yourself, thank you

Post #26
From: "allphaomega" <allphaomega@...
Date: Fri Mar 31, 2006 9:15 pm
Subject: Second win, 3/31/06

Here is an email I received from an auditor in England who audits R3X (as well as the regular bridge). This letter was received last month, but we had a chat today and he told me that the PC who had such a big win as mentioned below was still "blown out" from that auditing weeks ago.

Robert

I have given two R3X sessions so far on FZers here who have been off CofS lines for years and have not been getting auditing from anyone. They were both face-to-face with the pc holding the cans and went fine. The second one was on a guy who wanted his CofS auditing addressed. He had been carrying around a bunch of mass for years and was in a sorry state.

He asked me for a tech estimate on how long it would take to handle it and I said I didn't know, but it would probably be shorter than he expected.

In session, at first I had him take all the terminals (people, locations, objects etc.) "connected with auditing" and ran the 6-dir process on that. That took 15 minutes before he had blown all that charge. Then we ran once through the series of incidents of his auditing, then ran 6-dir on it. After a further 15 minutes he was in a state of disbelief that he had "converted all the charge into a warm glow". We finished off with about five minutes or so of havingness. I saw him the next day and he was still beaming from ear to ear, still in a state of utter disbelief. He is away all week--we'll see how things are on Saturday.

Both the pcs expressed surprise at how fast stuff disappeared. I was interested in that comment from each of them, as you had mentioned it to me as a common thing that pcs say, but I had not heard it directly from a pc before.

Both those guys want to be R3X auditors, their origination, the other one already trained up to Grad 4 in the CofS.

I have told four old-timers here about R3X, and not one of them ridged on it! Amazing. Quite the opposite of the US. The last one I told was the one with the amazing win above. He looked askance at me for about five minutes when I stared telling him about R3X, then accepted it on the basis of "look at the stats, not the theory". Incredible. We are going to have a lot more R3X going on here in the UK.

I'll post a success story from that guy with the big win if I can get him to write one.

Post #27
From: "allphaomega" <allphaomega@...
Date: Fri Mar 31, 2006 9:23 pm
Subject: Third win, 3/31/06

This email was sent to me at the end of January by a Class IV auditor and client in New Zealand.

Robert

I've just given my first phone session to a guy in Seattle - all went well - and I must say I am AMAZED at the telepathic metering. I have a mark 6, I was on the cans here and it was perfectly evident that the TA rises and action was not my case - I just know this from years of familiarity with solo auditing. Then on occasion there would be a huge BD - the first time this happened I asked "did anything just happen?" and the reply was "yeah - (further BD) - the whole thing seemed to go very light and disappeared" and he started laughing, VGIs.

There were a few more such events in the session as it progressed. All very very interesting.

Post #28
From: "allphaomega" <allphaomega@...
Date: Fri Mar 31, 2006 9:32 pm
Subject: 4th win, 3/31,06

Here is another email message I got from the class IV auditor/client in New Zealand. This one was in regards to running the 8 dynamics from the viewpoint of the "All That Is" (the viewpoint that encompasses all viewpoints) (he has already completed running the 8 dynamics with R3XD). It was received the 12th of this month, soon after I ran him on the first dynamic from the viewpoint of the ATI.

Robert

But the session was good - I've got a shift in viewpoint - it's an exteriorization really from the MEST universe identity into something much much bigger. Last night I was aware of this difference all the time seeing things differently to before. So it's a good area to address.

Post #29
From: "allphaomega" <allphaomega@...
Date: Tue Apr 25, 2006 12:30 am
Subject: Paul Adams' web site

Paul Adams has started a web site for "Stress Consultants", for the time being that is the assigned name given for R3X auditors. It can be found at http://www.stress-consultant.com.

We are slowly building a group that uses a highly effective and broadly applicable form of Dianetics.

Anyone who would like to be a participant need only be a trained DIANETIC auditor with some additional training.

Hopefully, one day, that web site will act as a kind of credential for those would like to start up a practice.

Robert

Post #30
From: "robertd" <allphaomega@...
Date: Mon Jun 5, 2006 6:07 pm
Subject: R3X wins, 6/5/06

Here are two more emailed (and unsolicited) wins from a client. The first was received about a month ago and the second was received last week.

The second one was the result of running a somatic chain where an incident involving the big toe along with an earlier similar one happened to come up.

Robert D.

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I continue to experience greater & greater wins with R3X. If I thought my first experience felt fantastic now I need to expand the meaning of the word "fantastic"! It just keeps growing.

As an example, I have been having one session per week & last week was most notable. We contacted a pre-Mest incident which resolved into a few scenes. The first scene I termed "the operation" where beings (quite a lot!) were busy messing about with my theta body & adding things to it. The next scene was what I called "the joiner" where I am feeling my body after the operation & feeling "I am all mucked up". It was there whilst running it "Above/Below, etc" that I started to laugh & laugh, & just when I thought I was finished laughing, more would turn on, oh man it was good. After this session Robert asked me if I felt expansive & I replied yes. He explained that his meter indicated that. And I said that I could agree with that because I had needed to actually get up & touch the items that I was being asked to spot as per Havingness. In the days following this session I just seemed to continue to expand - there was soooo much room for me as a being, I could just keep on going ! And this expansion is accompanied by serenity - oh, I recognize that - it is Serenity of Beingness.

Receiving R3X has renewed my drive to get the training myself so that I may also deliver it to others.

P. B.
==========

Hi Robert,

I really am so impressed with the vanishment of the osteoarthritis in my big toe. I had experienced this pain for about 13 years. About 2 months ago we contacted & reduced a past life engrammic drowning incident whereby a rope was tangled around that foot. Well, it did still present a bit of pain off & on for a few weeks but I have just noticed that there has been

absolutely no pain emanating from the foot for the past 2 weeks. And this is going into Winter here now & getting colder every day - usually causing the production of more pain not less. I had been taking Glucosamine for about 6 months but I ran out of it about 6 weeks ago & did not replace it. So I could not say that it was the Glucosamine working.

P. B.

Post #31
From: "allphaomega" <allphaomega@...
Date: Mon Jul 3, 2006 11:38 pm
Subject: R3X win of 7/3/06

Here is a message recently sent to me by email. Her perceptions of non-physical realities have long been impressive, and have been steadily becoming clearer with time and auditing. Agoraphobia has been a life-long persistent problem for her even through her years of auditing, both prior to contacting me and afterwards.

Robert

Hi Robert,

Some cogs: or should I say OT cogs.
After last session the cogs just kept on coming,

It seems the deeper I go into the rabbits tunnel with your help, the more clues I find. Clues to one's own entrapment within the MEST games.....

I should like to make it clear to you that these are cogs on my own case, as for others cases any viewpoint I have on this may or may not be true.

I recall mentioning to you the expanded tone scale, The Know to Mystery Scale by LRH.
Here are my cogs regarding this scale: Most of the public are living out their lives on the mystery part of the scale. They presently have no awareness that they are Thetans or ever were Thetans. They, public forgot. They are convinced they are bodies. Some may believe that there is a soul and that they have one. Others believe in the holistic approach to things, mind, body, spirit. As for these kind of people they are a rarity in the masses.

So most people play and live at being bodies 24-7. Being bodies, needing bodies, approval from bodies, hiding from bodies etc. This observation led me to a further realization that many humans are below the level of Help. I am sure that LRH stated this in his writings. Help in the sense of being made aware of the fact that they are truly Gods. Thetans/Gods playing a game that went on for too long in the MEST universes. That's all there is to it.

A shocking realization for me is I have been following the human masses living and acting out the mystery part of the expanded tone scale by LRH. Whereas before I had estimated the chronic tone I acted out the most was Fear, or Anger, Antagonism or even 1.1 on my worst days. Thanks to you Robert, I seem to have a certainty that I dipped well below these levels and almost hit the bottom of this scale. my chronic tone levels were on the basement levels. Believe me when I say this is a shocking thing to learn about oneself..

My actual chronic tone was Hiding, hiding from bodies this lifetime. Hence the Agoraphobia scenarios that showed up in this lifetime. I got to thinking about the implications of this mystery part of the tone scale and just how valid it is to everyone that wants to go free. How essential it is to have the being spot exactly where he/she is on the tone scale for real. As for my life, well a lot more cogs occurred once I had accurately assessed myself on this scale. Why had I not been a success in this lifetime, well I was too busy Hiding. I was not up to confronting being around a body, not even my own body at crucial times. Therefore how could I confront all the actions that go into making a successful life.

I have been PTS. most of this lifetime, not surprising when all I Thetan could do was plot my way out of this expanding trap. MEST universe. I was not up to playing to WIN that's' all there is to it. Another cog, Its hardly surprising that those of us who joined the CBR bridge never actually made it up to the holy grail levels. 0T 40 and beyond.....Because some of us were still on the mystery part of the scale and may have been wrongly/not diagnosed as to the actual tone levels we were on. Our chronic tone levels. This is not meant to be a criticism rather an observation from my viewpoint and may or may not be correct for others. It is for me though. I know of fellow CBR friends that are living proof of existence of this mystery part of the scale. Some of these people aspired to 0T 40 yet are physically ill today. They certainly depend on other bodies to tend to them. those kind of results speak for themselves.

Maybe we all have to search for our own clues to our own salvation, once we help ourselves go free then we help others to go free. LRH left us most of the road-map out, there is a part that's missing that we have to.....

If it had not been for you Robert I would not have accessed the

deep, hidden, occluded parts of my case for that I am truly
thankful.

CG

Post #32
From: "allphaomega" <allphaomega@...
Date: Wed Sep 6, 2006 4:56 pm
Subject: New commands for R3XD

When running the dynamics as items, I would change the commands
from "locate an incident where you experienced the ____ dynamic"
to "locate a time when you experienced a ____ dynamic incident." and
from "is there another (or an earlier) incident where you experience
the ____ dynamic" to "is there another (or an earlier) time when you
experience a ____ dynamic incident".

Either way will work, but the latter is more specific to the file
clerk as to what kind of incident is expected.

The term "time" need not have a literal meaning but could have the
same connotation as "an instance".

Robert Ducharme

Post #33
From: "allphaomega" <allphaomega@...
Date: Wed Sep 6, 2006 5:27 pm

Subject: QUICKENING CHAINS

I'm of the school of thought that getting to basic-basic as soon as possible is not the most productive means of handling chains. The proof of this is in the fact that if an incident is skipped, it will often come up again on subsequent chains, with full charge, and if it's completely handled, it won't - except maybe as a discharged stepping stone used by the Pc as a reference point to get to an earlier incident. Running a chain to basic-basic does not guarantee that all incidents in between will be discharged. It only means that that one item will be flat.

I believe that every incident along the way should be completely discharged. That means getting all the force, emotions, and postulates out of them before leaving them, even if one has to use the additional steps to handle those buttons. Often times an early track incident will appear to vanish with very little running. That is usually the result of a bouncer effect of the heavy force in such incidents. One needs to contact and run out the force (efforts), emotion, and thought (postulates, agreements) before the incident can be considered totally flattened. Even then it's good to ask at the end if there are still any comm lines left to the incident before leaving it (see the Special Attention process).

Any Pc who skips straight on to basic-basic I believe is avoiding heavily charged track that would be very productive to discharge. And so I will always try to hat a Pc on whole track as best I can by assigning a reading of A History of Man and whatever else I can get him to read or listen to on whole track.

Post #34
From: "allphaomega" <allphaomega@...
Date: Wed Sep 6, 2006 5:44 pm

Subject: PAUL'S SQUIRREL ACADEMY

Paul Adams has created a very useful site as a reference for the R3X materials. He has chosen the unfortunate name of "squirrel academy" because I once jokingly suggested it. And now I have to live with it because he is internet web site literate and I am not and it's his web site. Plus, I'm indebted to Paul for his support and for putting up this site.

Anyway, all the materials for learning how to run R3X are there in very nice order and with the all typos corrected. So anybody who would like to study R3X more in depth is encouraged to go to that web site. It's at http://www.freewebs.com/squirrelacademy/

This particular list is going to remain as a place to post any updates as I go along.

Robert D.

Post #35
From: "Robert D." <allphaomega@...
Date: Thu Sep 7, 2006 1:37 pm

Subject: Special Attention Process (revised 9/7/06)

The Special Attention process is used whenever the PC has encountered an area of track that is particularly charged and occluded. One would use this process on heavy engrams, implant incidents, GPMs, or any incidents that are unusually charged. Normally, this-lifetime incidents are not charged enough to need this process.

This process makes use of the thought-emotion-effort scale, effort being the most readily perceived by the PC and therefore the first of the three buttons used.

Even before effort, however, comes occlusion. So the first command is aimed at the blank area of the incident.

After thought has been handled, there may still be comm lines extant. These are handled with the comm line command. Sometimes this command indicates, sometimes not, but it comes up often enough that it's still worth a try.

The purpose of this process is to penetrate through the occlusions of heavily charged areas. It works quite well in doing this.

Many incidents keep showing up on various chains because they never were properly flattened. Only the peripheral charge is handled. The charge in the core of the incident remains occluded and is so heavy that it acts as a bouncer. When the incident is totally discharged, it will normally be accompanied by a BDFN, cognition, and VGIs. The incident normally will not show up on any more chains as a charged incident.

The commands may seem numerous, but they do work, and the PC can quickly adjust to them. The Pc is told ahead of time about the words in each category as all being variations of the same idea. Once he recognizes that, it should ease his

mind about the number of buttons called out.

The process is run only after the incident has been flattened with the usual R3X commands.

The commands for this process are as follows:

Occluded or Blank Command:
"Move to the beginning of the incident."
"With special [or particular] attention to anything hidden, suppressed, overwhelming, invisible, or occluded, move through to the end of the incident."

Variations can include "repressed" and "or any unconsciousness".

Effort Command:
"Move to the beginning of the incident"
"With special attention to any force, energies, masses, resistance, efforts, or impact, move through to the end of the incident."

Variations can include "flows", and "violence" (mainly for later on the track incidents).

Emotion Command:
"Move to the beginning of the incident"
"With special attention to any emotions, feelings, or reactions, move through to the end of the incident."

Thought Command:
"Move to the beginning of the incident"
"With special attention to any thoughts, fixed ideas, decisions, postulates, questions, or (implanted) commands, move through to the end of the incident."

Variations can include "considerations", "agreements", and "beliefs".

Comm Line Command:
"Move to the beginning of the incident"
"With special attention to any comm [or communication] lines, move through to the end of the incident."

These commands are not fixed in stone, and can be varied according to need. For instance, with the "effort" command, one could include "violence" or "flows" if deemed appropriate. But a balance has to be struck between being too extensive and too brief with the commands.

The Special Attention commands are run in the same way as the (general) R3X commands. One runs the command once through, then runs the 6-Dir process until flat, then runs the Special Attention command once again. One does this until that Special Attention command is flat. One then proceeds on to the next command, etc.

One additional question I now use is "in that incident, is there an indecision?" When the Pc answers, I then follow it up with "spot a moment before that indecision" and "spot a moment after that indecision" This is a brief process usually lasting only 2 or 3 commands. Here is the reference for this:

"There's an actual scale, though, on decision itself. And this is something for you to remember and something for you to use in processing. Never forget to ask your preclear where the indecision is in the incident. Never forget to ask that preclear that. 'Where's the
indecision here? ' " -- LRH: "DECISION" A lecture given on 20 May 1952

Good 2 way comm and TR-4 should be kept in so that
1. the Pc understands that these commands don't presume the charge is there but are only a check
2. if a Blowdown and wide floating needle occurs midway, accompanied by a cognition, it's probably be better to just let the PC have his win if he feels he has blown the core of the incident. In such a case, I might want to end session if the Pc prefers to let the win settle for a while.

Robert D.

Post #36
From: "allphaomega" <allphaomega@...
Date: Thu Sep 7, 2006 3:41 pm

Subject: CONFIDENTIAL MESSAGE 9/7/06

WARNING: CONFIDENTIAL MATERIALS ARE CONTAINED IN THIS MESSAGE. IF YOU HAVE CONSIDERATIONS ABOUT THIS, YOU SHOULD DELETE OR DISREGARD IT.

If not, then you may scroll down to read the message.

AN ENTITY HANDLING PROCEDURE

In handling Dianetic cases, one occasionally runs across an entity in the Pc's present time space. Even though I disagree with the need to address entities as a matter of course, one does occasionally crop up in auditing and needs to be summarily dispatched. There is a lot more tech regarding entities in the NOTs material and the Captain Bill bridge, but the following steps are all that I have been employing.

* First thing to do is to 2way comm with the Pc to find out if the entity is in present time or from the incident.

If the entity came up as a result of an incident being run, the incident must be thoroughly flattened first, using the Special Attention commands if necessary. Entities will usually blow by simply running the incident.

I try to avoid addressing entities as I prefer to not validate the Pc's entity case. Entities are only there because of common charge. Better to dispatch the entity by running out the Pc's charge out than by addressing the entity itself.

LRH's rule on this is the same as mine. In the book A History of Man chapter 10 he said:

"We aren't much interested in auditing entities except when auditing one can reduce rapidly a physical somatic or physical ill"

* Make sure that the Pc is hatted on how to address an entity, i.e. to focus directly on it, to maintain a neutral attitude, and to acknowledge after each command carried out by the entity. In other words, the entity should be treated as would any Pc.

* Get the Pc to get in contact with the being, i.e. locate him in space/time.

* If need be, have the Pc run the "Hello and Okay" process on the entity.

Hello and Okay process said to the Pc:

Say hello to the entity.
Have the entity say okay to that hello.
Have the entity say hello to you.
Say okay to that hello.

Done until the Pc knows he's in good comm with the entity.

* Have the Pc ask the entity "What are you?". This means essentially "what game are you playing" or "what role are you playing in that game" (like "playing the game of tormentor", or being "a tormentor")

* Have the Pc ask the entity "What incident are you stuck in?". This is a question that LRH suggested in one of the early 1950s lectures, and borrowed by the Capt. Bill bridge. This step may have to be carried out more than once depending on how ready the entity is to receive it

* If the entity balks at answering, the question may be repeated until it is answered.

* If the entity still ignores the command, as a last resort, have the Pc assume the viewpoint of the All-That-Is (the supreme being, God, infinite being, 8th dynamic, etc.). Then give the command "From the viewpoint of the All-That-Is, ask the entity "What incident are you stuck in?". I've never known this to fail. If done right, the entity, no matter of what perceived stature, has no choice but to answer.

* Tell the Pc to give the entity the command to "move to that incident"

* Tell the Pc to ask the entity the question "what are you aware of there" or "what's there (at the beginning)". If it's a point of turmoil or violence, tell the Pc to ask the entity if there is an earlier beginning he can find, until he finds a point where he felt peaceful and like himself. Then have the Pc give the command to "move through to the end of the incident (or series of incidents if applicable)".

* These commands are repeated as many times as necessary to run out the incident.

* The 6-direction process may be used as an adjunct in order to speed things up if it's particularly charged.

The patter for this would be "Have the entity put the incident above him, below, right, left, front, back, above, ...(etc.)"' No need to ack the Pc on each of these commands.

* Always have the Pc run the entity through the incident one last time to make sure the incident is flat.

* Rarely, the entity will have an earlier similar or another incident to run. If so, then go through the same procedure again. This rarely happens, so I wouldn't anticipate it occurring.

* When the entity is finally doing well and is free, you can have the client read him his rights by repeating these lines to him:

    * You have the right to your own sanity and self determinism
    * You have the right to play or leave the game.
    * We are not holding you, no one can.
    * If you wish you can stay and help us clean up this game.

This step is not a necessity, but it is useful and is, at least in essence if not word for word, part of the Capt. Bill bridge.

* Have the Pc give the entity the command "point to the being you individuated from".
I'm not sure where this command originated, but it is included in The Pilot's materials. It has been very effective so far.

By this time the entity should be free.

SPECIAL CIRCUMSTANCES

If the entity was involved with a base or a space ship or machinery or any MEST like that, have the Pc get he the entity to run 6-directions on all the MEST involved. This is done right after the entity is finished running the incident it's stuck in.

At the end of a session with an entity in this situation, I'll have the Pc mock up some positive energy in the spot where the MEST was, in an effort to fill the vacuum.

This procedure has worked every time for me and has never failed me.

Robert D.

Post #37
From: "allphaomega" <allphaomega@...
Date: Sun Oct 8, 2006 6:29 pm

Subject: Addressing the Genetic Entity

Some times the GE needs to be addressed in order to clear up some problems that won't otherwise resolve satisfactorily. People will often confuse their case with the GE's case and if the GE is stuck in an incident, then its a good thing to run the incident out on the GE.

The GE is addressed similarly as one would any entity. One would first give the Pc the appropriate R-factor regarding the GE. Then he would get the Pc to focus on the stomach area while he would run "Hellos and Okays" on the Pc regarding the GE until a good comm line has been established.

From there the GE can be handled in various ways, like asking for an incident that would resolve the PC's somatic, or for the incident it's stuck in, or maybe some other question.

I would not ask for earlier similar incidents. Running the incident presented by the GE is normally sufficient. No need to spend more

than minimal time processing the GE. And I would try addressing the Pc's track first. You want to improve the Pc's case as opposed to the GE's case. But sometimes it's necessary to address the GE when the Pc becomes PTS to it.

This area of address is fairly new to me so I won't venture to say what all it will handle. I will say that in the dozen or so cases where I've addressed the GE directly, all sessions have been successful, and some startlingly so.

A good source for information about this would be L. Kin's book "From the Bottom to the Top". The chapter entitled "The GE Rundown" on page 103 gives one some good detailed information about the handling of the GE. I highly recommend reading this chapter for anyone who wants to audit the GE's track.

In the future I plan to write up an exact procedure as to how to handle the GE. For now I just want to get the information out that it is a fruitful area to address and that the information on how to handle the GE is available.

Robert D.

Post #38
From: "allphaomega" <allphaomega@...
Date: Mon Nov 6, 2006 11:44 am

Subject: SOME USEFUL QUOTES BY RON

These quotes pertain directly to the application of Dianetic processing.

Robert D.

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"You're going for OT which means a totally clear whole track."
-LRH 27 Nov 59 lecture "Principle Incidents on the Track"

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[regarding auditing by phone]

"Who's missing here?

Male voice: Harold. He's been in the sack trying to run out a headache.

He's what?

Male voice: Been in the sack trying to run out a headache.

He is trying to run out his own headache? Well, that is very interesting. That can't be done, I assure you. But with all these auditors present he is lying in a sack?

Well, somebody had better bail him out and audit out his headache. Call him up on the telephone and audit it out. Because I assure you that all he will do is just lie in the sack and audit out his headache for a long time, only there will be no out appear.

I've seen many people audit out somatics out of themselves and it can be done with great ease. But they've got to be in fairly good condition before they do it, otherwise they just audit themselves into headaches."

From tape 1st ACC lecture 75 5311C05, about a minute or two into the tape
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[About the value of auditing track]

The following is taken from LRH lecture of 16 May 1963 "The Time Track":

You've never successfully audited anything but the time track and you never successfully will. There is nothing to audit but the time track. And there is no grand key to the release of things but the time track. And it is *a* time track.
----------break--------
And all that auditing ever does is straighten it out and make it available to as-is it.
---------break---------
The time track has many tricks by which it becomes unavailable. The first of these tricks is that there is nothing in a mind but thought.
==========
[about the futility of relying on shortcuts to OT]

from Ron's 1963 lecture entitled The Time Track.:

"And the technology which you have, I don't care whether you're listing for items, running valences, doing an assist, I don't care what you're doing, you're handling the time track or a piece or portion of the time track. And you have never escaped this fact, because it is the only tried and true approach to sanity, and to recovered ability is to straighten out the guy's time track. We've

approached it in many ways, we have tried to find out `who is mocking up this time track?'. well obviously the thetan is mocking it up. But that's again a suppositional reality. We can use mock-up processing. We can take over the automaticity of the creation of this track. The thing wrong with it is he can't find out about it and it really gives him no opportunity to confront it. The confront factor is dropped to a marked degree by this "create" approach. You say `well let's just take over the creation of the automaticity of the bank, all of a sudden you haven't got a bank, and the boy is clear'. Well, that's a very good theory. There's nothing wrong with it at all. All I can say is that after many years of hard tries, why we've never been able to make it satisfactorily and uniformly work. As far as I'm concerned it's a locked road that's barriered."

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[about making innovations in any technology]

from page 354 of Dianetics Today:
[begin quote]
The reason the first Hubbard Dianetic Research Foundation had trouble was that its Board of Directors attempted to stop past lives from being run.

When a group seeks to forward only what is currently acceptable it of course stalls all progress.

Further it is dishonest to suppress or fail to reveal scientific discoveries.

Disagreeing with the law of gravity could give one some very bad falls.

Pre-Dianetic mental studies customarily threw out anything that did not agree with their pet theories or would be "unpopular" with authorities.
[end quote]

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[On auditor judgment and "auditing is what you can get away with".]

"So you see, that it-it somehow or another takes a-it takes judgment to experience in a society, free conduct. You can't have a bunch of slaves and not have super moral codes and laws. You see that?

In the absence of judgment you have to have all kinds of laws And you can just put it down in your book that the more laws there are, the less judgment there is.

In the development of Dianetics and Scientology, as practitioners and pcs were found to have less and less judgment, then more and more laws were developed. Got the idea?

See? Auditor couldn't exercise judgment on the processing of a preclear, we'd have... he couldn't see it himself, you see, and it

wasn't obvious to him... we invented a law. I invented a law to point this fact out. Got the idea?

Well if you notice I am very chary of adding more laws because we're going in the more optimum direction of adding more judgment to the people. Got the idea?

Entirely different look.

Now, it isn't that those laws don't help, they do. In fact we wouldn't be where we are if we hadn't gotten some people over the rough points of them and so on.

But that's why I say, every once in a while I say, "Never under any circumstances do this, that, or the other thing with the pc." And then, certainly within a day or so, if not within the hour, you will also hear me say, "Judgment is necessary to auditing." And one of the ways of expressing that is, "Auditing is what you can get away with," which is an old saw, but a very true one.

All the laws notwithstanding, auditing is what you can get away with. And if you didn't get away with it, it's not auditing. It's Code breaks and everything else, you see?

In living a free life, there's one thing that you give up: you give up to some degree a security against getting hanged because if a slave follows down an exact grooved course of conduct and always minds and obeys all the laws, every single law, he never gets hanged or punished, does he? Usually he makes it. It's good, safe, stupid and weak. Yeah, but it's safe; never moves a hair out of line.

But there's a security connected with that. In a loose way it's analogous to the fellow who holds down a job and gets a regular paycheck, and it's a fairly safe job, and he isn't liable to be fired off of it. He never drives any Mercedes-Benz but he always eats. See? Life doesn't have any peaks but doesn't have any abysses, either. See, it's security! An unchanging monotony.

Nothing really wrong with it. It's a method of living. One obeys certain laws, and subscribes to certain codes, and after that he's okay!"

-- LRH, from lecture of 13 Nov 1959 The Rehabilitation of Judgment

==========

"SERVICE"

"We will win if we are Scientology not a lot of isolated groups. The watchword is SERVICE.

I don't care how many rules you break if they're broken to give unselfish service to one another and the public. We live for service not for rules. If the combined power of all of us and all organizations were exerted as a shoulder to shoulder effort we would take this planet just as we are and with no more than we know...

Worldwide we are doing better today because of orderly

comm lines and administrative patterns, we are making more headway and suffer less confusion, but don't worship our rituals. Be as orderly as you can. Follow our rules as best you can. But a rule can be wrong and service and our mission can never be wrong.

Use the rules until they prevent you from doing your job. But if these stop you, then to hell with the rules! Get the show on the road!"
==========
[On the root cause of aberration and the value of addressing GPMs]

"Anything worrying the pc or reducing his capability or life potential
is to be found in Actual Items or Goals, not in engrams or implants. These are not primary causes. Only the pc's own goals and items are capable of basically causing the trouble."

L. Ron Hubbard "Scientology V." HCOB of February 19, 1964
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[on the hopes LRH had for Dianetics, which is now attainable]

"Engram running has vanished as a healing process. Engram handling by chains has emerged as an entirely reoriented subject, not even vaguely connected with the body, and with the target not of human clear but of Operating Thetan."-- L. Ron Hubbard
HCOB 1 July 1963 "Routine 3R Bulletin 4 Preliminary Step",
==========
[on the value of Dianetics]

"Engram running from 'away back' works so well that I probably would not have advanced auditing technically to any degree, if people at large had been able to apply Book One Engram running as given in 1950."
HCOB 7 April 1960 LRH

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[On the amount of attention one needs to spend on entities]

A History of Man: "We aren't much interested in auditing entities except when auditing one can reduce rapidly a physical somatic or physical ill"
==========
[on Dianetics and OT]

A History of Man: "Rule out anything but good, solid, contactable incidents, which are run wholly and entirely with the mechanical techniques of Dianetics with particular attention to 80."
==========
[On mindset high up on the tone scale]

"When you start picking up these forgetter incidents, you give him more space and time, and his identity and beingness recovers. The most intimate individuality that you can get is a person who is all 8 dynamics. He would really know, "I AM ME." He doesn't say or think, "I am you." " LRH, TECHNIQUE 88: THEORY OF THE ORIGIN OF MEST
==========
[on the fact that a GPM is also an incident runable by Dianetics. R3X can plow through these without resorting to addressing goals]

Errors in Time 18 July 63 SHSBC tape Post # 287

"Neither of these things debar you from running the Engram. But let's just make sure we know what we're running.

"You scan somebody through a GPM, and you're going to go blang-bang-bang, and he's going to stir it all up, but he can't see the pictures, and you don't know what's going on. It's much easier to just - not move him to the beginning of the incident but move him to the first pair of items. And you don't move anybody anyhow. You just say, "Give me the first pair of items in that GPM," see, after you've - if you want to establish what it is, you haven't got a pattern, it's off-date, and that sort of thing, just what are the first pair of items? He'll give you something. Work it out. Muddle through. When you've got it all straight, why you can scan him through the whole incident. It's perfectly all right if you do that, also."
==========
[Engram running and OT]

in the SHSBC tape entitled "Engram Chain Running" 11 June 63 "Engram running is important for this reason: you aren't going to make an OT without it. It's that important.".
==========
[Where you can run engrams]

Class 8 lecture 6
"So engrams man, engrams can be run from wog to angel. Secondaries can be run all over the damn track at any grade you ever heard of. On any grade you could run a secondary."
==========

[An additional tool to use in Dianetics which I found useful]

DECISION A lecture given on 20 May 1952
"There's an actual scale, though, on decision itself. And this is something for you to remember and something for you to use in processing. Never forget to ask your preclear where the indecision is in the incident. Never forget to ask that preclear that. "Where's the indecision here?" "
==========
[Dianetics and OT]

HCOB 24 June 1963
"R3-R is not old-time Engram running but is a Scientology Routine designed to achieve the state of OT and is not designed for any other use than freeing the spirit of man."

==========
[on feeling free to actually use the tech]

Here's an excerpt from that book [Dianetics Today]... "section: BECOME AN AUDITOR"

"...I think their errors of the past, when they existed, came about because they were new and were finding out and I don't think any of their errors were intentional.

"I don't expect auditors or Scientologists to instantly agree with or seize upon whatever I say. I would be offended if they did and would feel they weren't a Free People. Since they are intelligent I expect them to think over what's said, try it and if it's good for them, use it. That old auditors sooner or later come back to and use what I have discovered isn't any testimony to our relationship at all, it's only a testimony to my being right because I meant to be right in the first place.

"I sorrow when I see somebody accomplishing less than he should because he thinks I wouldn't approve of it. In churches and out I count upon initiative and good judgment.

"The most decent people I have ever known have been auditors. The best hearted people I know are auditors....(LRH)"
==========
[on change vs. stagnancy]

LRH said in The Phoenix Lectures, "We do not bow down to the great god 'no change'".

Post #39
From: "allphaomega" <allphaomega@...
Date: Wed Nov 8, 2006 11:32 am

Subject: References with useful auditing tips

HCOB 20 Oct 55 has the command "Tell me something you could not know about that picture".

The HCOB of 16 February 1959 entitled "Auditors' Conference" is filled with useful data, some of which I have tested, some of which I have not. I recommend reading it over for data that could be useful in running engrams or in helping to set up the case for better running.

Here are some examples:

* "What part of that incident can you confront" is one which I use in order to help develop an incident with too little content available.

* "You don't care if he runs dub in or not" says that it'll all come out fine in the end if the Engram is continued to be run, regardless of whether the PC runs dub in at first or not - within reason, of course.

* "You have to flatten the Engram you contacted" is a major factor in the success of running R3X.

* Using the rule of the last largest object is also useful in order to get the PC back into the incident, along with the command "What part of that [object] can you confront". I haven't taken the opportunity to test this one out myself yet, but it sounds promising for instances calling for it.

* In there LRH says "he will run his basic earliest shift of identity". This is one of the few references in the tech I've seen regarding running a shift, the other being the reference to the moment of shock in PAB 80.

* Then he says that you can run not-is Straightwire after running engrams" "recall something that you implied was unimportant" "recall something somebody else thought was important". I haven't tried this application of that process yet, but Ron says it's a unique process that can do a lot for a case.

* A very important point is where he says: "You could take any incident as a PT and run any PT process on the incident. That's a

little rule." This means that processes interjected into the DIANETIC procedure such as "before and after" or "6 directions" are legitimate as long, of course, as they are only used as tools to aid the main process and are not a substitute for it.

This is only a small sample of tips. The entire bulletin should be read over for a thorough view of the all possibilities it mentions.

Robert

Post #40
From: "allphaomega" <allphaomega@...
Date: Thu Nov 9, 2006 4:35 pm

Subject: SIX-DIRECTION PROCESS

I'm not sure where in the R3X materials I put the 6-direction process, but it's not readily evident, and yet it's the workhorse process for R3X.

I would not classify it under the label of "creative processing" since it is not used on mockups, but rather on facsimiles, namely, the incidents.

In any case, it is about the most powerful tool I've seen to handle incidents, whether singly or by the bucket load.

The commands go this way:

You start by running the R3R commands, "move to the beginning of the incident" and "move through to the end of the incident". After that cycle, the auditor goes over to 6-directions:

"Get that incident and put it above you"
"Good."
"put it below you"
"Good."
"put it to the right of you"
"Good."
"put it to the left of you"
"Good."
"put it in front of you"
"Good."
"put it in back of you"
"Good."
"put it above you"
"Good."

etc., etc.

The auditor keeps doing that to a Blowdown and then asks how things are going, then goes back to the R3R commands when appropriate, and then either moves on to the next action if flattened or resumes 6-directions if necessary, etc. In any case, I always use a final set of R3R commands as a final check of flatness. There is no problem of "overrun" to worry about.

I use this process on most incidents. If a group of incidents come up, I will just have the person tell me the span of time involved and I'll say"
"Move to the beginning of that series of incidents"
"Good"
"Move through to the end of that series of incidents"
after which I will run 6-Directions on the Pc as indicated above.

Robert

Post #41
From: "allphaomega" <allphaomega@...
Date: Sat Nov 11, 2006 5:43 pm

Subject: TRAINING FOR R3X

What are the minimum training requisites for R3X? Having done the HSDC or the NED course forms a solid base for R3X auditing..

From there it's just a matter of adding a process, or shifting a command around, but no major changes are needed.

R3X encompasses the entire spectrum of handlings from single incident to whole track item including the basic shift. It even includes handlings of genetic entities or entities of other types. One needn't know how to apply it all right away in order to make use of it.

With R3X, all the various tools and techniques of the 1950s, '60s, and '70s are okay to use, as long as they work. And for me they have to work standardly and predictably in order for me to include them as part of R3X. But as LRH said, "Auditing is what you can get away with. And if you didn't get away with it, it's not auditing."

In R3R you're told to use only the R3R commands and not use any of the other techniques.

In R3X you are allowed to use any of the myriad of useful techniques like the repeater technique, the 6-direction process, the confront process, the before and after process, etc. Now I believe it's better to learn R3R without depending on any additional tools. Use R3R until it stops you from progressing, and only then fall back on additional tools. The one exception I make to this is the 6-directions process, which I use liberally. If R3X were taught from the start, the temptation would be to rely too much on the additional processes. It's best to only use them as emergency tools, not as standard tools, and not depend too heavily on them. It's best to stick with the usual. You don't want your auditing procedure to be made up of mainly unusual solutions.

In R3R you're told that you can't use Dianetics on clears.

In R3X you can use Dianetics on anybody at any level including clear. As LRH said in Class 8 lecture 6: "Engrams can be run from wog to angel. Secondaries can be run all over the damn track at any grade you ever heard of."

And what IS "clear"? The standard definition "Able to be at cause over mental MEST with regards to the first dynamic" seems quite adequate to me. This simply means that the person is able to sidestep the use of the reactive bank for his daily solutions. A good essay about this state of being can be found at http://www.boreme.com/boreme/funny-2006/principle-90-10-p1.php This could be called the state of clear way of operating, in other words, living life without need for HE&R. In giving up the addiction to out-of-control, emotionally reactive behavior, one takes a leap forward in being able to live a life that is more under his control, PLUS it opens the door to being able to safely operate as an OT. If one is emotionally not in control, his postulates as an OT will be far more self destructive than they would be if he were merely a wog. This is probably the main reason why a lot of upper-level Scientologists run into case problems. With HE&R comes postulates as part of the dramatization, and at that level they can simply solidify the bank. I'm not saying that all emotional reaction is bad, but some can be pretty destructive, as in inter-personal relationships.

So, living "clearly" becomes a matter maintaining a certain level of ethics and decency. The philosophy of scientology as contained in the various books like A New Slant on Life are a good guide to this. Also, doing TRs regularly helps. And , most importantly, being a trained auditor (solo and dual), able to run out bank dramatizations that stick one, is extremely important in maintaining one's emotionally and physical health.

(to be continued)

Post #42
From: "allphaomega" <allphaomega@...
Date: Mon Nov 13, 2006 11:32 am

Subject: "My Experience as an R3X PC"

Here is a win from a Pc who has so far had about 11 hours of R3X processing.

My Experience as an R3X PC

I am so impressed by the operation of R3X from a pre clear's point of view. Even while in the session I received earlier today, I was saying "gosh this is fantastic!".

With the first command of the auditor "Is there an earlier incident similar to .....", I look & at first there seems to be nothing but then looking again maybe a tiny, tiny "spike" of something. We take that up & start running it as per R3X routine. It seems quite simple at first but then, like a flower in the sun, gradually starts to open up with more & more detail as it goes round & round with Robert's guidance.

And the details are so astounding when asked to relate them - that is when I start saying "oh this is fantastic!" - because the details found i.e. postulates or commands, tie into so many later track incidents - they all start appearing & I start saying "Oh that is what I said when ...." or "That is why I felt like that when ...."

With more & more experience as an R3X pc, I am also learning that the degree to which an item reveals itself is equal to the degree of acute attention that I give it when asked to look by the auditor. I know that if I am lazy & only give a casual glance over the incident that I am to a degree also just wasting both my own & the auditor's time because we shall just have to go over it again some other time.

Suffice to say, by the time the session is ended I am feeling very, very fortunate to have had such an auditing experience.

Pru

She ends off the email to me with the following:

And by the way - I have been having such fun with the increased theta available to me since our last session - good little & big wins.

Robert

Post #43
From: "allphaomega" <allphaomega@...
Date: Mon Nov 13, 2006 11:42 am

Subject: R3X win 11/13/06

Here is an email message I recently received from someone in Australia.

From the looks of it he is auditing R3X solo. That is something that is not for everyone, in fact I cannot endorse the practice - one does it at his own risk, but it evidently does work for this person.

And mixing Dianetics and the grades I cannot endorse either, but as LRH said, "Auditing is what you can get away with."

Robert

---
hi Robert, Thank you for your process. I have done 6 hours plus per day for the past year and have now cleared my ENTIRE whole track. I have now just finished using your processes for the grades (communication) up to now.

You can imagine, I know every process off by heart and am having great wins. Thank you.

Post #44
From: "allphaomega" <allphaomega@...
Date: Fri Nov 17, 2006 10:14 pm

Subject: R3X Success Story 11/17/06

Here is another success story by Pru who has been getting R3X on chain of incidents. These types of wins on whole-track R3X running are not really uncommon, but since I don't demand success stories, they tend to be restricted to verbal rather than written stories.

Robert

Hullo Robert,

I have been discovering really good "things" since our last couple of sessions that I thought I would share with you.

As you know, I have never been trained in, nor received auditing from, the CofS by being declared an Illegal PC. Thus, my only understanding of Scientology technology has come via my own study, at home. I did get caught up in reading "out gradient" concepts early on in my search for independent auditing through the internet. However, once I commenced Level 0, Clearbird, I quickly learnt that this was "Out Study Phenomena" & backed off when I recognized this occurring. Halfway through my Level 0 training I decided that an even better gradient for myself would be to study Dianetics first. So I then read all the preliminary Dianetic books & DMSMH. I am also now studying Dianetics Today.

So what has usually occurred after receiving an R3X session from yourself, is that I go research through all my available books & volumes to find correlation between what I experienced & what L Ron Hubbard & others found before me. This has proved a fantastic & fascinating method of correct gradient training for me.

So it was that after our last two sessions, I went & searched & now believe that one of the incidents that we seemingly so easily ran, was an Actual GPM. I now fully understand what a GPM is & how an Implant GPM relies on an Actual GPM for it's charge.

And the incident in the other session, I now believe through research, was an incident that LRH refers to as the "All is One". And, although, not every item in the incident matched as per Technical description, enough of the "analogy" & words were present to enable me to recognize it.

And, Wow, I just feel bigger, brighter & better after every session,

Thank you!

Pru

Post #45
From: "allphaomega" <allphaomega@...
Date: Mon Dec 18, 2006 4:42 pm

Subject: R3X Additional Step for Shock Moment Handling

When using the special attention buttons on heavy early track incidents like implants that contain a lot of force, it's a good idea, after running all the buttons (hidden, effort, emotion, thought, comm lines) to ask if there is still a moment of shock in the incident. If there is, it needs to be run out too. One occasionally runs into this situation. The operating stable datum here is to drain ALL of the charge available from such an incident. If the Pc says the shock moment is still charged, then the auditor should take that at face value and proceed to handle the moment of shock.

Going from handling the incident in general, to applying the special attention buttons, to addressing the moment of shock is like going from a magnifying glass to an optical microscope to a scanning electron microscope. Just when you thought you'd seen the last of it, a whole new vista unfolds. That's the way it is with incident running. You run the incident in one style until it's "flat", and then you shift styles and find a whole new area of heretofore undetected charge. You never go on to the next step until the previous one is "flat".

How do you run a shock moment? I don't bother with the full shift handling for a later-than-basic-on-the-chain incident. Instead I opt for a brief (though still thorough) handling. It's amazing how much charge can be still left in the moment of shock when the whole incident is already "flat" and run from so many angles. So one has to be prepared for a tough slug if it should occur, with the use of Before and After, Alternate Confront, and 6-directions just on the moment of shock and repeater technique, as needed. Thoroughness is of as much importance here as elsewhere in running R3X.

The basic command for the moment of shock are:

"Move through that moment of shock from beginning to end."

This is done in three steps:

1. from the Pc's own perspective, repetitively until flat, where the above command is used as written.

2. from each of any relevant viewpoints (perpetrator, other victims, etc.) with the command being "from the viewpoint of ...

(terminal)..... move through that moment of shock from beginning to end", repetitively until flat.

3. from a pan-determined viewpoint. The command here is "from a pan-determined viewpoint move through that moment of shock from beginning to end", repetitively until flat.

The reference for the moment of shock can be found in HCOB 17 April 1956, also issued as PAB No. 80 which says:

"MORE IMPORTANT than pain and unconsciousness. That added bit can be briefly
stated as "the moment of shock." "The moment of shock" is that period of realization
by body and thetan that an overwhelming has occurred."

The relevant section of that bulletin was entitled:
"BOTTOM RUNG OF DIANETICS FOUND"
which is reassuring in that it means we probably don't have to dig any deeper into an Engram to find any further charge.

Robert D.

Post #46
From: "allphaomega" <allphaomega@...
Date: Tue Jan 2, 2007 1:55 am

Subject: The GE and other entities: my conclusion

After doing some sessions on the GE I've come to the conclusion that it is best left alone and to continue to audit the thetan. I don't find auditing the GE to be particularly harmful, just pointless.

In the future I may find some data that will prove me incorrect on this, but as of now I am out of the GE auditing business.

I'm in agreement with LRH's position on auditing the GE in the PDC lecture entitled "The Anatomy of the Genetic Entity" where he says "You do not want to process the GE".

Robert D.

Post #47
From: "Robert D." <allphaomega@...
Date: Fri Jan 5, 2007 9:32 pm

Subject: Re: The GE and other entities: my conclusion

The reason is that I've been able to handle the body problems by addressing the Pc's case. I'm not saying that in the long run addressing the GE might not do some good, I just don't care to start opening up the GE's case. I'll leave that for other people who would want to experiment along those lines. If they do, I would welcome their reports on it. The bottom line is that I prefer to spend a lot of hours on the Pc's case, not on a GE case. Plus, it's better to steer clear of assigning cause to an outside entity, which is why I stay away from entity handling in general as much as possible.

Robert

-----Original Message-----
From: geocosmic50@comcast.net
Sent: Jan 2, 2007 11:30 PM
To: DianeticR3X-owner@yahoogroups.com
Subject: Re: [DianeticR3X] The GE and other entities: my conclusion

Why? What is your reason's for deciding this? geo

---------- Original message ----------
From: "allphaomega" <allphaomega@earthlink.net

After doing some sessions on the GE I've come to the conclusion that it is best left alone and to continue to audit the thetan. I don't find auditing the GE to be particularly harmful, just pointless.

In the future I may find some data that will prove me incorrect on this, but as of now I am out of the GE auditing business.

I'm in agreement with LRH's position on auditing the GE in the PDC lecture entitled "The Anatomy of the Genetic Entity" where he says "You do not want to process the GE".

Robert D.

Post #48
From: "Robert D." <allphaomega@...
Date: Sat Jan 6, 2007 12:53 am

Subject: Re: The GE and other entities: my conclusion

Hi Lyn,
You're talking about tech that's a bit outside the scope of engram running. Best information about that I can suggest on that is Philadelphia Doctorate Course lecture no. 33 entitled "The anatomy of the genetic entity". LRH talks about GE and thetan anchor points there. I do know that problems I've addressed in Pcs that appeared to be GE related resolved with standard R3X. The very conditions you just mentioned came up several times recently and resolved by addressing the moments when the person actually picked up the charge. These were all charged incidents too. Finding and thoroughly running out the charge in those instances has worked for me every time so far. The key is thoroughness.

I'm not saying I would never address the GE directly again (I never say never), I just prefer to stick to the usual until I run out of options.

Robert

-----Original Message-----
Sent: Jan 5, 2007 10:31 PM
To: DianeticR3X-owner@yahoogroups.com
Subject: Re: [DianeticR3X] The GE and other entities: my conclusion

Hi :)

Does the GE have anchor points that it might put outside the body? Do others have anchor points to the GE. Maybe we allow the GE to have things stuck to it that aren't necessary. While the GE might have its own "set-up" or program, doesn't mean its clean.

Just some thoughts.
:)
Lyn
--- "Robert D." <allphaomega@... wrote:

The reason is that I've been able to handle the body problems by addressing the Pc's case. I'm not saying that in the long run addressing the GE might not do some good, I just don't care to start opening up the GE's case. I'll leave that for other people who would

want to experiment along those lines. If they do, I would welcome their reports on it. The bottom line is that I prefer to spend a lot of hours on the Pc's case, not on a GE case. Plus, it's better to steer clear of assigning cause to an outside entity, which is why I stay away from entity handling in general as much as possible.

Robert

Post #49
From: "Robert D." <allphaomega@...
Date: Sat Jan 6, 2007 2:32 pm

Subject: Re: The GE and other entities: my conclusion

Those types of "anchor points", which I see more as fixed attention units, are picked up in times of stress or duress. Run out the charge in the incident and it all comes out in the wash. They're what I believe NOTs really addresses most of the time.

Robert D.

-----Original Message-----
Sent: Jan 6, 2007 4:36 AM
To: DianeticR3X-owner@yahoogroups.com
Subject: Re: [DianeticR3X] The GE and other entities: my conclusion

Hi :)

Maybe I don't have a wide enough scope here, but it just seems to me that at least "part" of the charge would be "in" the anchor points - well, at least to some degree.

I see what you mean by it being a bit outside the scope of Engram running, but I don't see why it really has to be. I suppose it would be a matter of the person understanding what an anchor point was to begin with in order to address it within the Engram.

We create, leave and forget about anchor points so often and its so natural to do this, that I can see why it might be left out of Engram running, but yet, to me it seems like a bit of important data - maybe I'm wrong.

I can see where all you would need is to run an Engram as the person will as-is the whole thing when they recognize the charge, etc. That makes sense. But the GE may need a little help as far as impingements go - like other being's anchor points and so forth.

I was playing around once with anchor points quite awhile ago and was having a friend of mine just pull off other people's anchor points on her by her recognizing them, telling what the intention was connected to it and then having her remove them from whatever part of the body we were addressing. It was quite something actually. Her face dropped 10 years in age within about 1/2 hour of doing this. I was amazed, that's for sure :). However, the "intentions" that were being picked up on some of the anchor points were directly from engrams. I guess maybe its another way in the "door" so to speak of someone's case.

Its not "crucial" to have someone become aware of anchor points, but its another way to see things :).

:)
Lyn

Post #50
From: "Robert D." <allphaomega@...
Date: Sat Jan 6, 2007 2:38 pm

Subject: Re: The GE and other entities: my conclusion

Thanks.

Robert

-----Original Message-----
Sent: Jan 6, 2007 11:44 AM
To: DianeticR3X-owner@yahoogroups.com
Subject: Re: [DianeticR3X] The GE and other entities: my conclusion

I like the way you think. You're damn good Robert !! geo

---------- Original message ----------
From: "Robert D." <allphaomega@...
The reason is that I've been able to handle the body problems by addressing the Pc's case. I'm not saying that in the long run addressing the GE might not do

some good, I just don't care to start opening up the GE's case. I'll leave that for other people who would want to experiment along those lines. If they do, I would welcome their reports on it. The bottom line is that I prefer to spend a lot of hours on the Pc's case, not on a GE case. Plus, it's better to steer clear of assigning cause to an outside entity, which is why I stay away from entity handling in general as much as possible.

Robert

Post #51
From: "Robert D." <allphaomega@...
Date: Sun Jan 7, 2007 9:59 pm

Subject: Re: The GE and other entities: my conclusion

I will let this thread end here without either agreeing or disagreeing with any of the contents.

Robert

-----Original Message-----
Sent: Jan 7, 2007 3:38 PM
To: DianeticR3X-owner@yahoogroups.com
Subject: Re: [DianeticR3X] The GE and other entities: my conclusion

Actually, you're right :). But I see them "both" involved. An anchor point usually is there to retain a shape of something, correct? An attention unit consists of wavelengths and flows. What better way to have waves and flows but to connect them to an anchor point. If you get rid of the anchor point, the waves and flows won't be sticking to anything.

I looked up both words in the tech dictionary and it seems like getting rid of the point another has "anchored" to you so they can communicate to you and send the attention units, would be one quick way of getting rid of things that a person has unconsciously taken on and accepted and kept, for whatever reason at the time. Also, removing one's own anchor points from others, etc. would help clean up one's own case.

I'm not saying the above is an "only" cure - by no means. I'm just saying that using this type of idea in regards to the GE is actually quite harmless and can get some very good results. I think it only helps Dianetics along.

Re: NOTS. In my opinion, there really "are" beings that get stuck to bodies. I've run out a few. AND there are stuck attention units and old anchor points as well, not to mention old mechanisms, etc. I think its a matter of getting in communication with these areas to find the difference.

Lyn

--- "Robert D." <allphaomega@... wrote:

Those types of "anchor points", which I see more as fixed attention units, are picked up in times of stress or duress. Run out the charge in the incident and it all comes out in the wash. They're what I believe NOTs really addresses most of the time.

Robert D.

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Subject: Re: [DianeticR3X] The GE and other entities: my conclusion

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Its not "crucial" to have someone become aware of anchor points, but its another way to see things :).

:)
Lyn

Post #52
From: "Robert D." <allphaomega@...
Date: Wed Jan 10, 2007 7:27 pm

Subject: Pc Post-Session Update (success story)

Here is an email I just received from my client.

She gets one session every two weeks and yesterday I ran her on another. Ran it per R3XD, ran the special attention buttons, and no shock moment was left after that, so we ended off then.

This is an example of the results of running the encysted charge out of only one whole-track implant along a chain. We have been on this Engram chain for 7 sessions now, with benefit from each session. As I say, time spent cleaning up heavily charged whole track implants is time well spent and collects theta back for the Pc for use in present time. The gains add up session after session, like depositing money in a savings account. So getting to the basic incident and finishing a chain is not as important as thoroughly cleaning up each incident along the way, especially the heavily charged ones. And the benefit of R3X is that it doesn't take very much to make a big difference. This session lasted for an hour and a quarter.

By the way, she and her husband have been training up on the Standard Dianetics course towards eventually becoming R3X auditors, and then onto doing the levels. This world needs all the auditors we can train.

Robert D.

Clear Day Hullo again Robert,

Just wanted to let you know that I am feeling sooooo good after yesterday's session - immediately after the session & for the rest of the day I felt "free & happy" - and now, 24 hours later, I feel "clean & clear" (which is translating physically into such things as having a sauna & cleaning the fridge! Ha Ha!)
Pru

Post #53
From: "Robert D." <allphaomega@...
Date: Thu Jan 18, 2007 8:31 pm

Subject: R3X win from POV of Pc's husband

Here is a recent win by the husband of a Pc who has been getting bi-weekly sessions. Prior to this message she had gotten 22 sessions each lasting roughly an hour each.

Robert

==========

Hi Robert,

I would like to share how I experience the gains Pru has made since commencing R3X auditing approx. one year ago. Due to stable gains she has become easier & easier to live with. There are now very few upsets & any upset that does arise is quickly resolved. Therefore we are all operating on a higher tone & this is how life should be lived. There is certainly a lot more laughter in our home.

Rob

Post #54
From: "allphaomega" <allphaomega@...
Date: Sun Feb 4, 2007 6:44 pm

Subject: Telepathic metering a reality

Here is a message I just received from Pru and Rob who are working together on their training up to become auditors. I believe the message pretty much speaks for itself.

Hi Robert,

Rob & I got together for meter training yesterday. And we decided to just try some of the drills via the phone. So we just rang each other from our other (internet) phone in a different room of the house. We used a couple of the Assessment lists in the e-meter drills. It was very, very interesting! Once we got the mechanical details sorted out i.e. volume of phone etc & sensitivity setting on the meter, it definitely worked. We could see the reads as per each other's different response to personally preferred or not items esp. fruit.

It was inspiring esp. to my goal to deliver R3X - suddenly it felt more achievable - less "mysterious" - REAL.

So, the ability to audit and meter by phone is not just a pipe dream or an isolated ability. It is achievable by anybody as far as I'm concerned. It only takes a bit of adjustment of reality and some practice. And the fact of being able to do that means that the world becomes available for auditing rather than just those only in one's vicinity or those willing to travel there. With only a good working knowledge or standard Dianetics and R3X, a telephone number and a web site one can set up a viable practice. Hopefully there will be many more people doing this in the future. The next step would be virtual academies where all that would be needed would be a Skype type

program, a web cam, a high speed internet connection, and a means for video conferencing by the course supervisor. Even most drills could be done that way. Twins would be easier to find. All the tech can be downloaded from a Russian web site. The only thing that would be left to do in person would be the TRs, and the objective processes if one chooses to do them, which I would recommend but are not absolutely necessary. And if one has a willing spouse or partner, that problem would be eliminated. Then there is the possibility of uploading how-to videos on R3X and other tech subjects onto the internet.

The whole idea is to take advantage of the telephone and internet in order to spread scientology tech around the world.

Robert D.

Post #55
From: "allphaomega" <allphaomega@...
Date: Tue Feb 6, 2007 12:01 pm

Subject: Pc win, 2/6/07

Here is a message I received from my client. He lives in Europe so his English has some rough edges to it, but can still be easily understood. He was telling me about some of the wins he was having, so I asked him to send me an email about it.

So, I finally contacted Robert for sessions., I've been doing lots of auditing and lots of solo auditing, but I must say I am amazed of the effectiveness of Roberts sessions. I have had something like 7 hours total so far, but it really have made a big difference already. The most noticeable was after a session last week. The last few years, but eyesight have been getting worse, to the point where I really need reading glasses. However, having read Bates book and others, I do not want to use glasses. Now, the day after the session last week, at work, I noticed that I could read something where I previously would have been unable to even see the letters. Everything would have been a big blur with that print size, but suddenly it wasn't, and I attribute that the my session with Robert. Today we handled something that I consider big, that have been bothering me for 20 years. It is just amazing. Also the telepathic metering. It is real as far as I am concerned. The most amazing part of it is, to me when we do end-of-session havingness objective processes. Robert always calls end of process exactly in a way that convinces me if nothing else would. The last few working days, I have noticed that I have got to be much more

effective at work, without my trying or pressuring myself in any way. Looking forward to more great sessions!

MJ

During our communications he told me that his productivity at work, even though it was already high and ahead of his coworkers, he said that it doubled, and that his boss remarked jokingly that he had to slow down some because he didn't have enough work for him to do at that speed. The other day he said that he felt like a different person. Not in a bad way, but in a positive way that he likes. When LRH said "may you never be the same", he knew what Dianetics was capable of.

Interestingly, so far we have only been addressing this lifetime plus the period since the last body's death, which, predictably, had some implant content. I imagine addressing basic incidents on the back track will make for some interesting changes.

Ih addion to this, he sent me another email this morning to comment about yesterday's session:

Just to let you know that what we handled yesterday certainly was a biggie for me. Today I have a clarity that is unusual for me. I have been wondering about that incident for 20 years now, for some years I have felt like I had wrong focus when trying to approach the incident, but I could not get what would be right focus. It is amazing how fast I got right focus with your help. Thanks a lot!

R3X is for real, and it works as Dianetics should have worked all this time. Why? Not because I added anything to it, but because I was willing to apply 30 years of LRH's tech to it rather than limit it to only what was written up by LRH's staff in 1969 and 1978. R3X is simply LRH's tech re-formed into an efficient package of procedures.

Robert D.

Post #56
From: "allphaomega" <allphaomega@...
Date: Fri Feb 23, 2007 2:01 pm

Subject: PC win 2/23/07

Here is another unsolicited email I just got today from an R3X client. We have been addressing only this lifetime so far on some extremely stressful early this lifetime events that had been occluded and completely overlooked or glossed over throughout his grades and OT levels auditing. We have been running lifetime scanning, and each time we have been having to focus on running out one heavy incident each session, after which resuming to scanning those 10 years again, and then focusing on the next heavy incident that comes up.

This just points out the importance of clearing up this lifetime and whatever recent lifetimes are still in restim before going on to the other types of processing. Or as LRH put it:

HCO BULLETIN OF 22 APRIL 1969
Issue II
SOMATICS AND OTS
If a preclear or pre OT has physical difficulties, bad perception trouble, illness or physical disability HE HAS NO BUSINESS GETTING GRADES POWER CLEARING OR OT LEVELS.
HE
NEEDS
DIANETICS

Any no-Dianetics-on-clears bulletin of questionable origin does not cancel the reasoning behind the above bulletin. There IS NO substitute for real Dianetics. NOTs is not a substitute for real DIANETIC auditing.

Robert,

After last session, I have this great clarity. No emotional storms, no insights, just calm clarity. It is just great. I guess we did resolve some things yesterday. Just to let you know.

Talk to you on Monday again.

Best regards

MJ

Robert D.

Post #57
From: "allphaomega" <allphaomega@...
Date: Thu Mar 22, 2007 4:12 am

Subject: I'm out of the entity processing game

I've tried my hand at entity processing and I've found that anything that can be done with entity processing can be done better with Engram running.

A rule is that one should never handle an entity in an incident one is handling with R3X. It should be handled with more R3X.

LRH said in A History of Man:
"We aren't much interested in auditing entities except when auditing one can reduce rapidly a physical somatic or physical ill".
That is a very good rule to go by. It will keep one out of a lot of trouble and on the straight and narrow path.

That doesn't mean I'm opposed to people using NOTs techniques, especially solo, for blowing "BTs", which more often than not turn out to be nothing but others' attention units in one's space. One need only spot the point of restimulation and ask "Who are you? and it should leave. That's a quickie method I use. The full technique is contained in the NOTs materials which can be found at various places on the net if one cares to study them.

What I am no longer doing is addressing entities' cases in lieu of running the relevant incidents. With the Special Attention process, one need no longer address "entities" that happen to show up during a session. One simply continues to run the incident through the various special attention buttons until the entire incident is completely clean. I consider deviating from procedure in order to handle something else, like an entity, to be Q & A. If R3X turns it on, R3X will turn it off.

Speaking of sticking to procedure, I don't even do separate shock moment handling any more, except in rare cases where it might otherwise stick. One simply runs the special attention command and then runs 6 directions on the incident, and the incident should go flat on those buttons. So if one says "Move to the beginning of the incident" "With particular attention to any shock that might still be there, move through to the end of the incident.", then that should be followed by the 6-direction process until flat.

Same with the special attention process on the postulates. One says "Move to the beginning of the incident" "With particular attention to any thoughts, fixed ideas, decisions, postulates, questions, implanted commands, beliefs, agreements, move through to the end of the incident.". Whatever postulates or phrases are said the auditor writes down. Then the 6-direction process is run until flat. Then the special attention commands can be run again if needed. Afterwards the auditor should go over each postulate and ask the pc if it's charged. They should be flat, but if there's any question about it, or if it's unflat, then he can always have the Pc do a repeater technique on it until it's flat.

Robert D.

Post #58
From: "allphaomega" <allphaomega@...
Date: Thu Mar 22, 2007 4:58 am

Subject: Research and higher classed auditors

Some people have said that only a highly trained auditor like a class 8 or 12 should develop tech.

I find that to be amusing as well as totally irrational.

I will admit that it helps to know something about the GPM tech and the tech as one learns on the levels up to Class IV, but truthfully, one's DIANETIC training on NED or HSDC is pretty much complete from that point on. If one has taken the Book-1 course, then that's a bit more knowledge under his belt. After Book 1 and NED it's all scientology auditing from there on up.

A Class 6, 7, 8, 9, 10, 11, or 12 knows absolutely nothing more about Dianetics than a NED or HSDC auditor. Not only that, but they usually specialize in higher level auditing and leave the Dianetics to lower classed auditors. So they may be in the same position as the college professor who can teach advanced courses but would be totally inept at teaching grade school or high school.

So what makes me any different than any other person trained in Dianetics? The difference is that I veered away from grades auditing to specialize in Dianetics whereas everyone else was doing exactly the opposite. In doing so I ran into all of its shortcomings and, through the years, ironed them out one by one, while aligning the tech to the tech of the earlier years of scientology. So I've had over 30 years to refine the Dianetics tech, most of which came after

1990. That is a luxury LRH's staff didn't have. They wrote it once and it became HSDC. They rewrote it a bit more and it became NED. No further refinements, no debugging.

Now I'm not complaining. I think R3R is fine just the way it is, and the bridge is fine just the way it is. If one wants to do the LRH bridge, one should do it exactly as laid out. In fact, I encourage it.

If one wants to move beyond the LRH bridge, I recommend R3X as the vehicle. R3X will run out this entire lifetime, between lives implants, whole track implants, and implant and actual GPMs. No other tech will do all that. And the gains are permanent, not just key outs.

Could a Class 12 have come out with R3X? With all due respect, that's highly unlikely, since class 12s are trained to do everything "by the book" without deviation. I had the luxury of being free to experiment as I wished. After years of doing that, the experimenting phase of the basic R3X is over. I also didn't have an accumulation of considerations that might have prevented me from thinking freely had I taken the Briefing Course. It's a great course which I hope to complete one day, but I might not have developed R3X had I taken it first.

Robert D.

Post #59
From: "allphaomega" <allphaomega@...
Date: Thu Mar 22, 2007 3:44 pm

Subject: Re: I'm out of the entity processing game

I have questions for you.

If what is actually "sticking" a person to any "memory" (whatsoever) is the "charge" which is actually a bundle of caught up emotions and unended cycle attention units, then why not just go for that?

Because it's always better to stick to procedure when possible than go with unusual solutions.

Why go through the "whole" incident over and over when all one needs to do is get rid of the actual charge itself. From A to B in other words. The "story

telling" part racks up hours and hours where you can sometimes just cut it in half by going to the charged part and having "that" part vanish.

You must not have tried the procedure out. It doesn't take "hours and hours" to run out with the 6 direction process. The 6-D process IS the shortcut.
Also, I'd rather have them take up the whole period in case any hidden parts show up.

Thoughts in and of themselves don't mean anything until there is meaning and emotion and importance placed on them. Without these elements thoughts are just thoughts.

Thoughts in terms of postulates is what I was referring to. Again, it appears as if you haven't tried the procedure yet. Postulates in incidents definitely carry charge.

As far as entities and such go, there are ways to tell the difference and one can go either way. One can just simply climb up the tone scale until the entity is no longer interested and either leaves or changes along with it, or one can handle it directly. I suppose it would depend on the situation. I think telling the difference between accepting someone else's thoughts and entities has some memory along with that and so perhaps the person can recall what happened at the point of entry or agreement, so to speak. It will probably come up fairly automatically.

Do the procedure and you will see for yourself. Stick to procedure and it will all come out in the wash.

As far as the History of Man goes - he wrote that before he did NOTs, I believe. But LRH was always changing "something" through the years and in the earlier years, something was always better than the last something :).

Nevertheless it definitely applies here. I don't see any
contradiction. NOTs
is an expedient technique that works well for light duty. Besides,
NOTs is arguably
Mayo's tech more than LRH's tech.

And NOTs is not a tech that produces case gain as much as case
stability.

Robert

:)
Lyn

Post #60
From: "Robert D." <allphaomega@...
Date: Sat Mar 24, 2007 4:12 pm

Subject: Re: CONFIDENTIAL MESSAGE 9/7/06

For that sort of thing I would find out what happened just prior to and at the
time of its coming up and running that and seeing where it leads. I would avoid
addressing entities directly if possible as entity handling tends to be an
endless and recurring affair.

"We aren't much interested in auditing entities except when auditing one can
reduce rapidly a physical somatic or physical ill" -- LRH A History of Man.

Robert

-----Original Message-----
Sent: Mar 24, 2007 3:05 PM
To: DianeticR3X-owner@yahoogroups.com
Subject: Re: CONFIDENTIAL MESSAGE 9/7/06

Robert, I had an entity and at that time I simply commanded it to leave
with the help of someone else who could also see the entity attached to
me. The entity appeared both as a cherub and as a winged hag. It
first presented itself to me as a cherub and I thought it was cute and
accepted it and then it immediately turned into a hag and I shuddered
at its ugliness but at the time was not aware of it attaching itself to
me for any long duration. I found that out several years later when
someone else saw it and mentioned it to me.

I don't like to admit this but I felt there was some sort
of "sharedness" between us that allowed the attachment and prevented me
from getting it to leave sooner.

Colleen

Post #61
From: "allphaomega" <allphaomega@...
Date: Tue May 1, 2007 1:58 pm

Subject: Recent Pc wins

Here are some wins sent tom me by Pru after completing the 2nd
dynamic with R3XD and receiving a session on the third dynamic.

Pru is now practicing auditing R3X on a regular Pc while doing the
Clearbird course on standard Dianetics and appears to be doing quite
well at it despite having little auditing background. In addition she
is doing it all by phone using remote metering.

Robert

==========

Apr 24, 2007

A lot of my attention was engaged in clearing the 2nd Dynamic. I
only realize just how much now that the job is done.

I feel so smooth. All my communication with my immediate family
is "smooth". There are no bumps or sharp bits.

I am also now able to "lay back" in my own space & enjoy "the view".

Apr 27, 2007
I would like to add this bit of my 2D Win:

It was incredible to notice how both my heart rate & breathing slowed
down within a couple of seconds of contacting & moving through the
Basic Basic incident that we ran. I commented to you (in session)
that "Wow, this is more effective than deep Zen meditation!".

After the session I said that that would be a very good way to just
calm down anywhere, anytime & you suggested "Yes, just go to the
start of yr Whole Track".

Pru

Apr 27, 2007
After our session today, where we cleared an incident pertaining to the 3rd Dynamic, I described how I felt to Rob [husband]. I said that I felt like I was being "pumped up" & expanded with "richness" every session.

My words reminded Robert of a reference in Philadelphia Doctorate tape Post #35. This is the quote: "So we've got that [DEI] scale going back and forth, and up and down and we find out that there is a bigness which has to grow in the person. And if you don't see that bigness growing, he's not on his way out."

This certainly fits how I feel!

Pru

Post #62
From: "allphaomega" <allphaomega@...
Date: Thu May 3, 2007 11:28 pm

Subject: Recent win by a Pc

This email message was sent to me by Mark. I appreciate accolades, but I want to emphasize that I want everyone to be able to use this tech and that everybody can do what I do. The only thing I do with regards to auditing that resembles "genius" is to simply make liberal use of TR-4 where I find it necessary. If I think the information given by the Pc lacks some elements to it (the incident has blank spots and unknowns), I will just ask questions about it to satisfy my curiosity about it. Not irrelevant questions like how do you construct a time machine, but questions that get the Pc to look more closely at the details and mechanics of the incident and help to make sense of the whole thing. An auditor should not give answers to the Pc as that would be evaluative, but it never hurts to ask relevant questions.

At this time Pru is continuing to have wins auditing by phone using remote metering. She promised to write further about her experiences regarding this.

Robert

Hi Robert

I just answered a question about my auditor on T4R.

Here it is. No c-right. :-)

Mark

Mark, just out of my sheer personal curiosity, if I remember your past post, I think you receive auditing from an auditor who is rather famous among freezone?

Edel

Yes Edel - from Robert Ducharme.
And - he is a genius.
I just had a session today - which was incredible.
I'm getting rid of so much basic things at the moment, it's unbelievable.

The incredible thing is his ability to help me with the right questions and commands (processes) to find the charge. I might start with seeing very very little - nearly nothing. And he helps me to develop it, very neutral, very patiently until I am all crying and laughing and crying and laughing.
And then silence and calm and no necessity for anything anymore for a few hrs. Could just sit and like it to be.
I really can recommend him :-))

He is not expensive and does it per phone. And never misses my charge on the meter he holds for me :-)

Mark

Post #63
From: "allphaomega" <allphaomega@...
Date: Sat May 5, 2007 2:39 pm

Subject: **Re: Recent win by a Pc**

From: eys
Sent: May 4, 2007 5:37 AM
To: DianeticR3X-owner@yahoogroups.com
Subject: Re: [DianeticR3X] Recent win by a Pc

Hi Robert,
As I get it you want to know as much that you do understand the origination of the pc.
That is a correct tr-4.

TR-4 is not just for passing a rote drill, TR-4 is for use in auditing. If a Pc scans an incident and says that he got implanted, although he glibly passes over the specifics of it, that counts as an origination and it bears clarification. The data is there, it only needs to be extracted from the Pc.

Book 1 auditing is similar in that all the particulars of the engram are brought out into the conscious awareness of the Pc. In Book-1 the TRs are simply implied and not spelled out as with later auditor training.

If one is to become a good professional auditor, he has to leave behind the mentality of running processes to pass some standard tech criterion or exam and get into the frame of mind of helping the Pc in front of him. The safe rule to go by is to leave every incident clean of any charge whatsoever. That has worked for me without fail over many years. The auditor should use whatever legitimate means he has at his disposal in order to bring that about. Doing so is not so crucial in later incidents, but on the earliest incidents, it is imperative if one is to achieve maximum gains for the Pc and not leave him in state of restimulation and with an unfinished auditing cycle. In fact, unfinished cycles are probably the main reason people get tired of running Dianetics. When one does a job part ways and does in a haphazard manner, one should not be surprised at complaints he might hear about the work. Good TR-4 is important in averting that.

Robert

best,
eys

Am 04.05.2007, 05:28 Uhr, schrieb allphaomega
<allphaomega@...:

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develop it, very neutral, very patiently until I am all crying and
laughing and crying and laughing.
And then silence and calm and no necessity for anything anymore
for a
few hrs. Could just sit and like it to be.
I really can recommend him :-))
He is not expensive and does it per phone. And never misses my
charge
on the meter he holds for me :-)
Mark

Post #64
From: "allphaomega" <allphaomega@...

Date: Sat May 5, 2007 10:42 pm
Subject: **Message from Pru: "My experience with Remote Metering"**

I received this email from Pru regarding her experiences with remote metering - a skill I contend can be had by anyone. The meter is not used to indicate anything to the Pc, it is merely used as an aid to the auditor so that he can more easily tell what is going on with him during the session, thus making it smoother and more efficient, though R3X CAN be run remotely without a meter if necessary.

Robert

==========
Hi,

I just realized that it may be useful to others to set out my own experience thus far with delivering distance auditing that includes remote metering.

About six weeks ago Robert D. referred a former pc of his who lives here in Australia (as do I) to me for further auditing on a "training" basis i.e. it is FREE!

I had at that stage only done some very basic e-meter training i.e. the drills, here at home as per Clearbird. Likewise for TR training. But I had read all the pre-requisite Dianetic books including DMSMH & had commenced quite a bit of training as per Level 0 Clearbird. So I was very keen to take up the opportunity of actual practical application, especially R3X as I had absolute certainty as to it's efficacy as per my own experience over the past 12 months.

However my confidence in the auditing did not immediately translate into confidence as an R3X Auditor! The gradient was STEEP! Ha Ha! And even though it did feel fantastic to actually be in the position of auditor, I could feel the charge building. I recognized this immediately as "Out Study Phenomena". When I held the solo can & turned the sensitivity up to 32 at first all I could see was a wildly beating needle - it was either registering my Body Motions as per the slightest movement of my right arm (can in left hand) OR it was rising & cranking up the TA! BUT, then I also noticed that when I delivered a command to the pc & he went making the "Itsa" the needle leveled right out & there were the reads! No LFBDs or F/Ns but obvious Falls. So I knew it was working in there somewhere despite all the extra "static" on the line.

After about 6 sessions, at the rate of 3 per week, I did raise my hand to Robert as per a "Third Phenomena: To Blow" email! Ha ha - he simply suggested we run it out in a session. We did that & next training session the difference was palpable - I was noticeably more relaxed & at ease with the whole process. And what happened - I just cranked the sensitivity up even higher to see if I could find the missing LFBDs & F/Ns. And there they were! Coinciding precisely with the pc's contact & then cognition. I felt I had struck Gold!

About a further 6 sessions later I now notice that the needle is calming down every session. In my last session I was quite awestruck to observe that the needle just sat calming waiting before Start of Session & that then it read clearly on the pc & minimally on my usual restricted right arm movement & hardly any rising needle to be seen. Experience equals Familiarity equals Certainty equals Confidence!

With regard to training I discovered the missing piece of the puzzle in per my own experience to be "R3R". So now I am studying that in Dianetics Today with special attention to the TR-100's drills.

And one other very significant point in being able to implement all this has been the RECEIVING of R3X on a regular basis - I have one session with Robert per week & I do notice my ability & efficacy as an Auditor is increased after each session.

Pru

Post #65
From: "allphaomega" <allphaomega@...
Date: Mon May 14, 2007 11:31 am
Subject: **A new R3X group has been formed**

Mark Ruedi has started a discussion group entitled R3X discussion. It can be found at
http://groups.yahoo.com/group/Dianetic_R3X_Discussion/

To become part of the discussion group simply register per the instructions.

Best regards,

Robert

Post #66
From: "allphaomega" <allphaomega@...

Date: Tue Jul 3, 2007 11:38 am
Subject: **Training to become an R3X auditor**

Becoming an R3X auditor is not all that complicated. The first thing one should do is to become a trained standard Dianetics auditor. That means finding a place that teaches it. Two groups in the free zone teach it formally: Ron's Orgs, which are predominantly in Europe, and TIR (Traumatic Incident Reduction) which are predominantly in the U.S,, but can be found throughout the world. A few individuals independently teach it also.

Formal training and internship can take a couple of months if one does it full time. It is training that is well worth the expense. It's not a bad idea to train on the levels 0-4 also, but it's not absolutely necessary for R3X. It is however a good idea to at least study the materials of the levels so that one can be familiarized with the mechanisms of the mind one finds on those levels, like problems, overts and withholds, ARC breaks and service facs.

Before even starting out on standard Dianetics, it is very helpful to have done the Book-1 course. This is also offered in Ron's Orgs and at TIR facilities under another name. This level gets one familiarized with all the different tools available to the auditor

which are not available to a standard Dianetics auditor. It also gives one a quick reality on what one encounters when auditing.

Once one is done with studying and practicing Standard Dianetics, whether R3R or R3RA, to a competent level, one can then read the R3X materials and it's just a matter of changing a few habits and routines to become adjusted to R3X.

Why R3X over the other two? Because R3X completes cycles that standard Dianetics leaves unfinished, whether it be individual incidents or chains of incidents or incidents that it cannot resolve and which bog. So far I have not encountered a single incident that could not be resolved with R3X. For that reason R3X is also safe to run on clears and pre-OTs. As LRH said in Class 8 lecture 6 "So engrams man, engrams can be run from wog to angel. Secondaries can be run all over the damn track at any grade you ever heard of. On any grade you could run a secondary."

That's true IF you have the "correct technology" to do it with. R3X IS the correct technology for that task.

Robert D.

Post #67
From: "allphaomega" <allphaomega@...

Date: Fri Jul 20, 2007 1:49 pm

Subject: **Addition to Command**

The Special Attention commands now includes the word "counter" to thought, emotion, and effort. So the commands would be "With particular attention to any thought, counter-thought, etc." The same would go for "emotion, counter-emotion", and "effort, counter-effort."

The reference for this is HCL lecture Post #1 of 1952.
"Facsimile One - and it's processed out by thought, emotion, effort, counter-thought, counter-emotion, counter-effort."

Preliminary Pc reports is that it markedly enhances the S.A. commands causing the Pc to dig deeper into the charged area of the incident.

Robert

Post #68
From: "allphaomega" <allphaomega@...

Date: Fri Aug 10, 2007 3:28 pm
Subject: **Running the charge the Pc is sitting in in present time**

I have had much success recently in taking up the "charge the Pc is sitting in" at the moment and taking that back earlier and earlier on the track running full R3X procedure on each incident. These are basically narrative chains, but I hesitate to use the "is there an earlier similar incident" command because I don't necessarily want to get an earlier car wreck or operation, I simply want the earlier location of charge on that chain, that is, the earlier incident where that particular charge stems from. Often times that charge will start to creep in at session end, so one just runs that next session without having to ask any E/S question. I normally will run one significant (not just minor this-lifetime) incident per session, which takes about an hour or so to complete, using all the special attention process commands.

Getting an item is one way of doing it, assuming one has THE blowdown item from an assessment and it isn't just a non-descript mass containing more than one somatic. The other option is to simply ask for "an earlier incident on the chain" and let the file clerk find the ideal incident. As it turns out, this latter method works out quite well. I have completed one chain on this basis and am working on others.

Since I didn't have any wording for narrative incidents on the 4 flows part of the shift handling, I had to make up a patter that would apply, and I've come up with the following:

-==========
From this incident forward to present time scan through all incidents you experienced on this chain.

From this incident forward to present time scan through all incidents you caused another (or others) to experience on this chain.

From this incident forward to present time scan through all incidents that others caused others or themselves to experience on this chain.

From this incident forward to present time scan through all incidents you caused yourself to experience on this chain
==========

By the way, I just asked one Pc if he felt he was getting case gain

after each incident he ran and he said definitely yes, he could feel case gain after each incident run, also there was a major permanent gain from just running the shift on the pre-MEST basic-basic incident on the chain.

Robert

Post #69
From: "allphaomega" <allphaomega@...

Date: Mon Sep 3, 2007 4:09 pm

Subject: Command change regarding comm lines

There is a slight change in the special attention commands. The command asking for comm lines should come before the one asking for the shock moment. This is because some additional relevant terminals and comm lines may show up there to be run as part of the shock moment.

Also, the command should include "missing comm lines (that should be there)". So the command would go "...with particular attention to comm lines or missing comm lines (that should be there)". I may or may not add the last part depending on whether it's obvious to the Pc or not.

Robert D.

Post #70
From: "allphaomega" <allphaomega@...

Date: Thu Sep 6, 2007 9:06 am

Subject: **Reach and Withdraw on an Incident**

In the running of R3X the Pc once in a while encounters an incident that is so highly charged that he cannot get near it, or quickly bounces out of it. One possible way of handling this is by running Reach and Withdraw on the incident. One would give the commands something like "Reach toward that incident." and "Withdraw from that incident." repetitively (run 1,2,1,2 etc.) and continue until enough change occurs that the Pc can now confront the incident.

This technique is rarely needed, but is good to have in one's auditor tool kit. Mental R & W as a technique has been mentioned by LRH as in the 5th ACC lecture 17.

Robert D.

Post #71
From: "allphaomega" <allphaomega@...

Date: Wed Oct 3, 2007 5:13 pm

Subject: **The Prior Postulate Question**

I am adding a new question at the end of the special attention commands. The question is whether there is a prior postulate that might have led up to the incident in question.

It can be worded however the auditor feels it applies. I use: "is there a prior postulate that might have led to this incident?" Some steering might be needed.

The phrase or phrases should be repeated. This step may or may not apply depending on the circumstance, though it usually does. Auditor judgment applies here.

I have tried it on 3 people so far and it's getting much better than expected results, including floating TA.

Here are two messages from Magnus I got on this:

Subject: Re: session
Date: Oct 2, 2007 1:13 AM

Robert,
from a theoretical point of view, one could raise the same objection to Dianetics processing as against entity processing: Both "teach" that the being is at effect and not at cause, on one hand at effect of entities, on the other hand, the effect of events that just somehow happened to the being. One could view the whole R3X procedure as an effect-only handling. This new step is revolutionary in the way that it breaks with that viewpoint. I think it is a great idea. The question is how best to phrase it, but I am sure you will find out.

Thanks

Magnus

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and...

Subject: Session report
Date: Oct 2, 2007 3:58 PM

Robert,
today was great (in comparison). I could go on until around 2 pm before starting to feel uncomfortable due to restimulation. A long while for being me, so I would say that yesterdays session was a great success.
I had a solo session this evening, yet another pre-MEST shock, and I tried this ending off with asking for prior postulates. Got a couple of LFs , found postulates, repeated until flat, asking again until the question was flat. I think it is a great tool.

Magnus

The only thing I would put an exception to on that would be that, as I view it, running the shift is putting the Pc at cause over the incident and chain, and the 6-direction process puts the Pc at cause point regarding the incident.

Robert

Post #72
From: "allphaomega" <allphaomega@...

Date: Wed Oct 24, 2007 8:39 pm

Subject: **R3X win 10/24/07**

I received the following email today after a session on a very early pre-MEST whole-track incident in which a series of shocks occurred. Immediately after running the incident the client said that he could feel his crown chakra expanding for the first time that he could remember. LRH said that of all the chakras, the crown chakra is the only one that is important because it is the thetan himself - or at least he implied that**.

This yet another example of how with R3X the auditor is able to penetrate very deeply into the case to extract entrapped theta from

the track and free it, leading to the Pc's attainment of real, tangible, significant and permanent case gains.

Robert

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To: allphaomega@...
Subject: Session report
Date: Oct 24, 2007 3:19 PM

Robert,
I just checked my whole chakra system after our session. Well, not the full chakra system, I cannot do that myself as it extends far below the feet and at least 3 meters above the head.
But I checked the 7 main chakras (the well-known ones).

I have seldom, if ever, had such a nice and balanced flow.
The individual chakras themselves are in balance, that happens quite often. But, even then, the flow through the chakra system is usually disrupted at some point. If it is not a clear break, it is almost always some imbalances, like it is too much energy here and too little there. Not so this time. Yes, I feel a very strong PRESENCE in my crown chakra, but still the actual amount and flow of energy is very balanced there also. This is a first for me. Never during the 20 years that I have been doing this kind of thing. So, this is an amazing win for me and a proof of the power of R3X auditing.

Thanks
Magnus
==========
**(Quotes from LRH)
Let's take the subject of the chakra -- very interesting. There are seven of them. And what do you know! It says right at the beginning there, "Man is a mind who owns a body. He is not a body who owns a mind." It says, "This is the crown chakra. The crown chakra is in the head, it's in the skull. There are seven chakra in all. And now it's the last one which one approaches."

"The crown chakra is the last one which one approaches." Get that. Says that right there. There's the true datum and the false datum. If you took it as the last one to approach, and if you did to the other chakra in the body -- the other zones or centers, which are not really beings but which we call entities -- if you did nothing but process those and you took up the crown chakra last, the crown chakra would not come free with any ease at all. It would take a terrifically specialized technique.

If you started in with the crown chakra and said, "Beat it, bud," he would. But if you address the other, if you address chakra number seven and work backwards up the line toward the crown

chakra, you would probably have your preclear in a condition
whereby he was so stuck in his body that only super-super-human-
being techniques would free him. That's the way you pin him down.
-- LRH: "INTRODUCTION: THE Q LIST AND BEGINNING OF LOGICS"
A lecture given on 10 November 1952

I call your attention to the fact that we recently dug up
six body entities and the thetan. And last night, last
night I was opening a book on the chakra. There are seven
chakras, and six of them are located in the body and the
seventh is the crown chakra. And they're very beautiful,
they're very pretty, and it's a wonderful philosophy.
Amongst other things it says -- the crown chakra -- it
says, "Man is a mind that owns a body, he is not a body."
It says that right there, right there. And it was said by a
fellow in 1639, I think, by the name of Gichtel. It's been
around as a datum that long! And then, what do you know, it
says, "Of the seven, the last one which is freed is the
crown chakra." Hmmmmrrow! Oh, no! If you tried to free all
of the entities of the body without freeing the thetan, you
would have the thetan so restimulated and with so much
energy in his vicinity -- loose energy that he couldn't
handle -- because at the same time this was supposed to be
done with the Hindu philosophy of neglect and denial,
negation against force -- that the guy would never get out
of his body!
- LRH: LS-2 5211C06B "Creating Time and Space, Responsibility"

Post #74
From: "allphaomega" <allphaomega@...

Date: Thu Nov 1, 2007 8:21 pm

Subject: **R3X win 11/1/07 (repost with addition)**

This win was posted on the R3X discussion list
http://groups.yahoo.com/group/Dianetic_R3X_Discussion/
by Mark Ruedi, and I thought it was worth reposting to this list.
Where else does one get wins of this level than with R3X? And how
else would one get stable gains of this type than by clearing actual
GPMs.

To put this win into proper context, at the end of the message I
included the previous win on the same subject from a week prior

Robert

==========
After having been very keyed out for some days now, there was a 'shade of something' coming in again today - and I could spot what it is: again some 'creation of self'.

Looks to me, that with every layer of 'Basic' we can clean out, the necessity to create and upheld a 'self' and having considerations turning around it - gets less. This is a really beautiful state - as one can 'have' whatever comes up and feels total freedom to handle it in whichever of many ways one likes. Just nothing goes wrong in this state - as it is above any consideration of separatedness.... and therefore provides also plenty of havingness.

So if you tell someone that he should be working on 'erasing his self' this sounds truly horrible - but it is in fact 'heaven'... LOL.
One can always put one there when one likes....

Mark
==========

Hi everybody

I just finished an other item in my auditing with Robert. We had a few really good sessions. I can feel that I am truly winning: I have a bigger space with less junk inside, I have less charge around and so can look at things and react to things in a clearer way.

I had quite a few amazing reactions toward me (one was a 'one-night-stand-like' thing, but during the day) - one day after we finished the item.... A coming-together with a nice person I did not know before - with very few words and no charge around, which is pretty remarkable for me with my 61 years.... Just showing: everything is possible - we create the limits ourselves.

I also had very good reactions toward what I am doing at the moment. I have started to work on a Website for the Island I am living on - News, Information for the Expatriot living here, Profiles, a 'Nice People Gallery', Classifieds and Business-Ads - and the success is already clear. People offer me to work with me on the thing.... Things are really coming together. This a big change for me, as I had no work-contacts with the society around me for over 10 years now. Now I am again in the middle of it - getting up my havingness on the 3rd Dynamic.

To state more exact wins - is nearly impossible. At one stage in the auditing I had the distinct feeling that something 'healed'. It also is still amazing for me, how precise this auditing tool works - and has to be handled: one moment no charge - the next, just with a

little different question - a lot. It has it's own very
precise 'mechanic'.

I also have an idea of my own in re to the content: I think it's the
3rd time now, we finished an item somewhere back in the area of
separation - and it looks to me, that every quality we are hung up
on, was created right there in the beginning... So it is like taking
layer after layer away from the separation-charge.

It is like becoming more and more normal - and poor Robert does not
get many success-stories, because what do you really want people to
write about, if they become just more and more normal???

:-))

My thanks to Robert.

Mark

Post #75
From: "allphaomega" <allphaomega@...

Date: Tue Nov 6, 2007 10:52 am

Subject: **Running the OT-III incident**

Recently I have been running 4 people on the OT-3 incident. I find
that OT-3 will run just as well as any other incident using R3X. Two
of those people have completed the action and have since noticed that
they have been free from overwhelm, as the EP of the bridge version
states. One of those had run OT-3 before in the free zone while the
other had never run it. The one who had it before had also been run
on it with me before, but without the inclusion of the crucial
thought-emotion-effort or shock moment handling.

The other two cases are still in the middle of the action, though one
has completed and has found an earlier similar incident to run.

The upshot of this is that OT-3 is an extremely important incident for
everyone to run who can run it. Just because someone has run OT-3 on
the bridge does not mean that it is flat for them. So far, the two
people who'd had it run "standardly" before found an enormous amount
of charge left in the incident before it was run with R3X. The
difference here is that R3X addresses the person's own case, not just
that of individual entities to the exclusion of one's own. In

addition, R3X now also handles the core of the incidents, i.e. the postulates and the shock moment. This means that one can get maximum gains from running such heavy incidents rather than glossing over them and merely keying them out at best and leaving them in restimulation at worst.

The importance of running the OT-3 incident is that it comprises a "world bank" or global "enturbulated mass consciousness" if you will (with emphasis on "mass"), to which nearly everyone who hasn't had the incident run out is connected. We live on the same planet where this happened, and so it's easy to see why people could be so PTS to Planet Earth. One gets restimulated just by being in contact with it and its thought energies. It's the same principle as to why people are PTS to this lifetime more than with past lifetimes since one is more intimately connected with this lifetime's body and its life force than other lifetimes.

So the OT-3 incident should be run on everyone who has had it run on the LRH bridge as well as everyone who is running a chain of incidents where it comes up. R3X contains every tool necessary to successfully run this incident. There is no good reason to shy away from it.

Robert

Post #76
From: "allphaomega" <allphaomega@...

Date: Mon Nov 12, 2007 3:46 pm

Subject: **OT-III Earlier similars**

The OT-3 incident is not the first of its kind. Incident One exists, but one doesn't just assume that the Pc will automatically run that next. Similar incidents can be found between Incident 1 and Incident 2, as well as before Incident 1.

The rule is that standard procedure is followed regardless of the data that may have publicly come out regarding OT-3, Incident 1, or anything else. Everybody's case is individual and should be handled as such.

I will be coming out shortly with a revised version of the full R3X procedure, so it should be easy to apply standard procedure R3X to any case or incident without any problems occurring.

Robert

Post #77
From: "allphaomega" <allphaomega@...

Date: Mon Nov 12, 2007 6:02 pm

Subject: New Dianetic R3X write-up posted in HTML to the files

I just posted part 1 of a revised R3X write-up to the files at
http://groups.yahoo.com/group/DianeticR3X/

I noticed that the extant data on R3X is a bit out of synch with what I have been doing, so I decided to revise it from the start. I have posted the most important part which includes all the data up through the point of thoroughly handling incidents this lifetime. Part 2 will be forthcoming and include a revised version of the track and shift handling.

The rest of the write-up is not a lot different than the earlier versions, but the first part has some significant adjustments and is better organized than before.

Robert

Post #78

From: "allphaomega" <allphaomega@...>

Date: Fri Nov 16, 2007 11:27 am

Subject: Important part of shock moment handling should be added to the procedure

The following should be added to the R3X procedure writeup:

After all the viewpoints have been taken and run through the shock moment, then have the Pc assume the viewpoint of the body/GE (or body and its life force) and have him scan through the shock moment that way.

For pre-MEST, early MEST, or exterior-to-body incidents, run it from

the viewpoint of the theta body instead. "Theta body" is adequately defined in the tech dictionary.

(The above is done just before the pan-determined viewpoint is run.)

Post #79
From: "allphaomega" <allphaomega@...>
Date: Fri Nov 16, 2007 1:25 pm

Subject: Alternative way to run havingness

Havingness after the session includes putting out 8 anchor points and pushing (or shoving) them into the body. This is a commonly known technique from LRH tech. What seems to intensify the experience considerably is when the Pc does it as Static, or from the perspective of Static. I recommend auditors experiment with this method with their more advanced Pcs and see if it makes any difference for them.

Robert

Post #80
From: "allphaomega" <allphaomega@...>
Date: Sat Nov 17, 2007 2:10 pm

Subject: R3X write-up addition 11/17/07

Here is another addendum to the R3X write-up. The first and last paragraphs were taken from the write-up, and the paragraphs in the middle should be added there.

Robert

• With particular attention to any thoughts, fixed ideas, decisions, postulates, counter-postulates, implanted commands, beliefs, agreements, move through to the end of the incident.

All during the running of the incidents, all phrases in the incident, which could act as postulates, need to be circled (or otherwise marked).

After flattening the "thoughts" part of the special attention procedure, the auditor then has the Pc repeat each one of the phrases, out loud, one after the other,, until it's flattened. In case of

doubt, the needle on the meter should indicate if the phrase is flattened. The incident is then scanned one last time to make sure it's now flat on that subject.

The auditor should make sure at all times that he is only working with the charge of the incident presently being dealt with, and not an earlier incident. One can recognize that the incident is connected to an earlier one, and just leave the earlier incident alone for the time being with minimal liability. In fact, just disconnecting a later incident from an earlier one like that usually produces a key-out or disconnect from the earlier charge. It would be a gross error however, to trample heavily into an earlier incident without the intention of handling it then and there or at least as a red flag.

At this point, having circled (or otherwise marked) all the phrases in the incident which could act as postulates, have the Pc repeat each one, out loud, until it's flattened. In case of doubt, the needle on the meter should indicate if the phrase is flattened..

• "With particular attention to any comm lines, or missing, invisible, or broken comm lines, move through to the end of the incident."